

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LOS FRESNOS | January | Enero

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:00 A.M.	Zumba L. F. Community Park	Zumba L. F. Community Park	Zumba L. F. Community Park	Zumba L. F. Community Park	Yoga L. F. Community Park	
9:00 A.M.	Walk-2-Fitness L. F. Memorial Park		Walk-2-Fitness L. F. Memorial Park	Body Sculpting L. F. Memorial Park	Walk-2-Fitness L. F. Memorial Park	Yoga (L. F. Nature Trail)
10:00 A.M.	Zumba L. F. Memorial Park	Body Sculpting L. F. Memorial Park	Zumba L. F. Memorial Park	Cardio Kickboxing L. F. Memorial Park	Zumba L. F. Memorial Park	
6:15 P.M.	Zumba Los Fresnos Elementary School	Zumba Los Fresnos Elementary School	Zumba Los Fresnos Elementary School	Dance 2 Fitness Los Fresnos Elementary School		

Location / Ubicación:

Los Fresnos Memorial Park/Pool - 900 N Arroyo Blvd, Los Fresnos, TX 78566

Community Park - 402 W Ocean Blvd, Los Fresnos, TX 78566

Los Fresnos Nature Trail - 820 N Arroyo Blvd, Los Fresnos, TX 78566



In-person class

City of Los Fresnos 
 Community Health Outreach

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