

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

PRIMERA | January | Enero

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
9:30 A.M.		Walking for Mental Health Pavillion 30 Min		Walking for Mental Health Pavillion 30 Min		Strength & Conditioning Pavillion
10:00 A.M.	Circuit Cardio Training Primera Community Center	Resistance Bands + Strength & Conditioning Primera Community Center	Circuit Cardio Training Primera Community Center	Resistance Bands + Strength & Conditioning Primera Community Center	Fusion Workout Community Center	
6:30 P.M.	Circuit Cardio Training Primera Community Center		Resistance Bands + Strength & Conditioning Primera Community Center			

Location / Ubicación:

Primera Park Pavillion - 22893 Stuart Place Rd Primera, TX 78552



In-person class

Rio Hondo Tu Salud Si Cuenta 

caracaratrails 

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