

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

SAN BENITO | January | Enero

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:00 A.M.	Strength & Conditioning (Heavin Resaca Amphitheatre)	Pilates (Heavin Resaca Building)	Zumba & Toning (Heavin Resaca Building)	Pilates (Heavin Resaca Building)	Cardio & Toning (Heavin Resaca Building)	
8:30 A.M.		Body Fitness (Iglesia San Ignacio de Loyola)	Body Fitness (Iglesia San Ignacio de Loyola)	Body Fitness (Iglesia San Ignacio de Loyola)		
9:00 A.M.	Stretch & Tone (Heavin Resaca Building)		Stretch & Conditioning (Heavin Resaca Amphitheatre)		Stretch & Tone (Heavin Resaca Building)	
5:30 P.M.	Zumba (Community Building)	Full Body Work Out (Community Building)	Zumba (Community Building)	Full Body Work Out (Community Building)		
6:30 P.M.	Yoga (Community Building)		Yoga (Community Building)			

Location / Ubicación:

Community Building - 210 E Heywood St, San Benito, TX 78586

Heavin Resaca Building/Amphitheatre - 355 w bus hwy 77, San Benito, TX 78586
(Building Next to Heavin Resaca Trail)

Iglesia San Ignacio de Loyola - 24380 US-281, San Benito, TX 78586

In-person class

San Benito Parks and Recreation 

Letty Gomez
 (956)361-3804 ext.305
 or (956)357-4564