

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



BROWNSVILLE | March | Marzo

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
7:00 A.M.			Yoga La Mancha Urban Farm	Yoga La Posada Urban Farm		Boot Camp Montebella Park Fitness Court
8:00 A.M.			Low Impact Chair Exercise Gonzalez Park Gym			Yoga Linear Park
8:30 A.M.	Fitness Blender Pedro Pete Benavides Park Browne	Yoga Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Yoga Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	
8:30 A.M.	Cardio Fitness Gonzalez Park				Cardio Fitness Gonzalez Park	
8:45 A.M.	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park	
9:00 A.M.	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	
6:00 P.M.	Yoga Linear Park	Strength Training & Conditioning Riverside Park	Yoga Linear Park	Strength Training & Conditioning Riverside Park		
6:00 P.M.		BISD ONLY Yoga BISD GYM		BISD ONLY Yoga BISD GYM		

LOCATION / UBICACIÓN:

- BISD Gym** - 708 Palm Blvd, Brownsville, TX 78521
- Dean Porter Park** - 501 E Ringgold St, Brownsville, TX 78520
- Gonzalez Park/Gym** - 34 Tony Gonzalez Drive, Brownsville, TX 78521
- La Mancha Urban Farm** - 146 La Mancha St. Brownsville TX 78521
- La Posada Urban Farm / La Posada Moctezuma**
- Cypress Preserve** - 1325 La Posada Drive. Brownsville TX 78521
- Linear Park** - 1534 E 6th St, Brownsville, TX 78520
- Montebella Park** - 2485 W Alton Gloor Blvd, Brownsville, TX 78520
- Oliveira Park Gym** - 104 El Paso Rd, Brownsville, TX 78520
- Pedro Pete Benavides Park (Browne)** - 9901 California Rd, Brownsville, TX 78521
- Riverside Park** - 15 Riverside Blvd, Brownsville, TX 78520



In-person class



Mirna
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