

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### LA FERIA | March | Marzo

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
8:00 A.M.	<b>Chair Yoga</b> La Feria Recreation Center Auditorium		<b>Chair Yoga</b> La Feria Recreation Center Auditorium	<b>Zumba</b> La Feria Recreation Center Gym		
9:00 A.M.	<b>Yoga</b> La Feria Nature Park		<b>Yoga</b> La Feria Nature Park			
9:00 A.M.	<b>Low Impact Aerobics</b> La Feria Recreation Center Gym	<b>Low Impact Aerobics</b> La Feria Recreation Center Gym	<b>Low Impact Aerobics</b> La Feria Recreation Center Gym	<b>Low Impact Aerobics</b> La Feria Recreation Center Gym		
6:00 P.M.	<b>Zumba</b> La Feria Recreation Center Gym	<b>Zumba</b> La Feria Recreation Center Gym	<b>Step Aerobics</b> La Feria Recreation Center Gym			

**Location / Ubicación:**

**La Feria Recreation Center Auditorium/Gym** - 901 Pancho Maples Dr. La Feria, TX 78559

**La Feria Nature Park** - 27332 Rabb Rd. La Feria, TX 78559

**In-person class**

City of La Feria  
Health & Wellness   
groups  
**Evelia Duran**  
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