

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

BROWNSVILLE | September | Septiembre

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB	SUN DOM
6:30 A.M.							Kayaking Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs
7:00 A.M.			Yoga La Mancha Urban Farm			Boot Camp Montebella Park Fitness Court	
8:00 A.M.						Yoga Linear Park	
8:30 A.M.	Yoga Low Impact Gonzalez Park		Chair Exercise Gonzalez Park	Strength Training & Conditioning Low Impact Gonzalez Park			
8:30 A.M.	Fitness Blender Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Yoga Bob Clark Social Service Center 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	Yoga 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		
9:00 A.M.					Yoga Mexican Consulate		
10:00 A.M.			Zumba Mexican Consulate				
6:00 P.M.		BISD ONLY Yoga BISD GYM		BISD ONLY Yoga BISD GYM			
6:00 P.M.				Yoga La Posada Urban Farm			
6:30 P.M.	Yoga Linear Park	Kayaking Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs	Yoga Linear Park				
6:30 P.M.		Strength Training & Conditioning Riverside Park		Strength Training & Conditioning Riverside Park			

LOCATION / UBICACIÓN:

- BISD Gym** - 708 Palm Blvd, Brownsville, TX 78521
- Bob Clark Social Service Center (Browne)** - 9901 California Rd, 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
- Mexican Consulate** - 301 Mexico Blvd, 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** - 2055 S Browne Ave, Brownsville, TX 78521
- Riverside Park** - 15 Riverside Blvd, Brownsville, TX 78520



In-person class



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