

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### LOS FRESNOS | September | Septiembre

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB	SUN   DOM
5:45 A.M.		Lap Swimming L. F. Memorial Pool 45 mins	Lap Swimming L. F. Memorial Pool 45 mins	Lap Swimming L. F. Memorial Pool 45 mins	Lap Swimming L. F. Memorial Pool 45 mins		
6:45 A.M.		Water Aerobics L. F. Memorial Pool	Water Aerobics L. F. Memorial Pool	Water Aerobics L. F. Memorial Pool	Water Aerobics L. F. Memorial Pool		
8:00 A.M.	Strength Training L. F. Memorial Park		Strength Training L. F. Memorial Park		Strength Training L. F. Memorial Park		
8:00 A.M.						Yoga Los Fresnos Nature Trail	
8:00 A.M.	Zumba Gold/Toning Community Park	Zumba Gold/Toning Community Park	Zumba Gold/Toning Community Park	Zumba Gold/Toning Community Park	Yoga L. F. Community Center	Lap Swimming (L. F. Memorial Pool) (2 hr)	
9:00 A.M.	Zumba L. F. Memorial Park	Fitness Blender L. F. Memorial Park	Zumba L. F. Memorial Park	Fitness Blender L. F. Memorial Park	Zumba L. F. Memorial Park		
6:30 P.M.	BCM Dance Fitness L. F. Elementary School	Strength Training L. F. Elementary Gym	Strength Training L. F. Elementary Gym	Cardio-Kick L. F. Elementary School			
6:30 P.M.	Open Basketball Gym (Los Cuates Practice Gym) (2 hr)	Open Basketball Gym (Los Cuates Practice Gym) (2 hr)	Open Basketball Gym (Los Cuates Practice Gym) (2 hr)				
7:00 P.M.		Water Aerobics L. F. Memorial Pool	Lap Swimming L. F. Memorial Pool	Water Aerobics L. F. Memorial Pool	Lap Swimming L. F. Memorial Pool		

**Location / Ubicación:**

- Los Cuates Middle School Gym - 33422 Farm Road 1575, Los Fresnos, TX 78566
- Los Fresnos Community Center - 200 N Brazil St, Los Fresnos, TX 78566
- Los Fresnos Community Park - 402 W Ocean Blvd, Los Fresnos, TX 78566
- Los Fresnos Elementary School Gym - 32602 TX-100, Los Fresnos, TX 78566
- Los Fresnos Memorial Park/Pool - 900 N Arroyo Blvd, Los Fresnos, TX 78566
- Los Fresnos Nature Trail - 820 N Arroyo Blvd, Los Fresnos, TX 78566



In-person class

City of Los Fresnos  
Community Health Outreach

caracaratrails

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