

FREE EXERCISE CLASSES

APRIL 2019

| Monday | Tuesday | Wednesday | Thursday |
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| <p><u>Senior Body weight</u> 11:30a.m.-12:00p.m. Senior Center</p> | <p><u>Dance Fitness</u> 6:00p.m.-7:00p.m. Learning Center</p> | <p><u>Senior Body Weight</u> 11:30a.m.-12:00p.m. Senior Center</p> | <p><u>Senior Body Weight</u> 11:30a.m.-12:00p.m. Senior Center</p> |
| <p><u>Walking Club/Nutrition</u> 5:30p.m.-6:30p.m. Civic Center</p> | | <p><u>Walking Club/Nutrition</u> 5:30p.m.-6:30p.m. Civic Center</p> | <p><u>Dance Fitness</u> 6:00p.m.-7:00p.m. Learning Center</p> |
| <p><u>Boot Camp</u> 6:30p.m.-7:30p.m. Civic Center</p> | | <p><u>Boot Camp</u> 6:30p.m.-7:30p.m. Civic Center</p> | |
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For more information please call
Miranda 956-748-2102

Civic Center- 121 N. Arroyo Blvd.
Learning Center-907 S. Reynolds
Senior Center- 121 N. Arroyo Blvd.



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FOR MORE INFORMATION
PLEASE CONTACT:

Miranda

956-564-3638/956-748-2102

Civic Center:

121 N. Arroyo Blvd

Rio Hondo Riverside Apt.: