

PHYSICAL ACTIVITY CLASS

OCTOBER

ZUMBA
October 11, 2024
4:00PM-5:00PM

NOVEMBER

TENNIS
November 15, 2024
4:00PM-5:00PM

DECEMBER

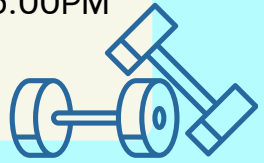
TRIAL BIKE RIDE
December 13, 2024
4:00PM-5:00PM

JANUARY

Aerobics
January 17, 2025
4:00PM-5:00PM

FEBRUARY

YOGA
February 7, 2025
4:00PM-5:00PM



MARCH

TRAIL BIKE RIDE
March 07, 2025
4:00PM-5:00PM

APRIL

TAICHI
April 11, 2025
4:00PM-5:00PM

MAY

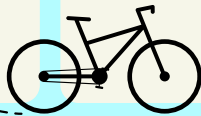
KICKBOXING
May 9, 2025
4:00PM-5:00PM

JUNE

AEROBICS
June 13, 2025
4:00PM-5:00PM

JULY

PICKLEBALL
July 11, 2025
4:00PM-5:00PM



AUGUST

RACQUETBALL
August 08, 2025
4:00PM-5:00PM

Location: Haynes Recreation Center

2102 Clarks Crossing Drive, Laredo, TX 78043

EARN A WELLNESS POINT FOR FY 24-25

