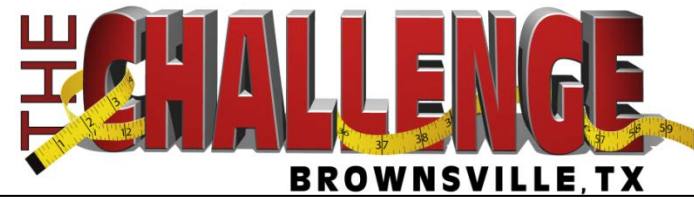


- Jan 10 and 11
 - The Challenge Registration Jan. 10 Southmost Library 5pm-8pm and Jan. 11 Linear Park 9am-12 noon
- January 14
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Jan 15
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
- Jan 16
 - IFNA Cooking Classes 5:30-7pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Jan 18
 - Bikes for Tikes and Bike Rodeo 8am-12noon
 - JT Cycling CycloBia Trails 8am-12:00noon
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Blazing Fitness 9:30am-10:30am
- Jan 21
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Jan 22
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Jan 23
 - IFNA Cooking Classes 5:30pm-7pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Jan 25
 - Valley Regional, Tai chi, Zumba, and Line Dancing Classes
 - BISD, Foam Rolling Class 8:30am-9:30am
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Blazing Fitness 9:30am-10:30am
- Jan 28
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Jan 29
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Jan 30
 - IFNA Cooking Classes 5:30pm-7pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Jan 31
 - Resaca de la Palma State Park Night Hike 6:30pm-8:30pm
 - Reinas de Saba Belly Dancing 9:30am-10:30am



January

2014

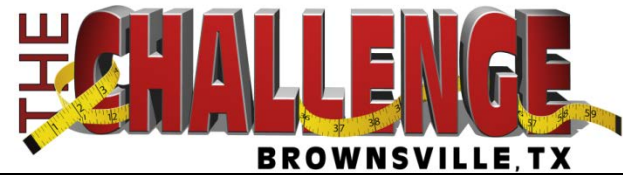
Sun Mon Tue Wed Thu Fri Sat

Academy Sports & Outdoors Weigh-Ins every Friday from 3pm-10pm

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- Feb 1
 - Resaca de la Palma State Park, Resaca de la Palma Family Fun Day 1:30pm-3pm
 - Reinas de Saba Belly Dancing 9:30am-10:30am
 - Blazing Fitness 9:30am-10:30am
 - Yoga Matamoros 4pm-6pm
- Feb 4
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Feb 5
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Feb 6
 - IFNA Cooking Classes 5:30-7pm
 - SG Bootcamp 7pm-8pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Feb 8
 - BPUB Connect to Wellness 10am-2pm
 - Driscoll Health Plan 8:30am-9:30am BISS Wellness Building
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Blazing Fitness 9:30am-10:30am
 - Reinas de Saba Belly Dancing 9:30am-10:30am
- Feb 11
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Feb 12
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Feb 13
 - IFNA Cooking Classes 5:30pm-7pm
 - SG Bootcamp 7pm-8pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Feb 15
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Bikes for Tikes 8am-12noon
 - Blazing Fitness 9:30am-10:30am
 - Reinas de Saba Belly Dancing 9:30am-10:30am
- Feb 18
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Feb 19
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Feb 20
 - IFNA Cooking Classes 5:30-7pm
 - SG Bootcamp 7pm-8pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm

February

2014

Sun Mon Tue Wed Thu Fri Sat

Academy Sports & Outdoors Weigh-Ins every Friday from 3pm-10pm

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- Feb 22
 - Brownsville Crossfit Open Gym 11am
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Blazing Fitness 9:30am-10:30am
 - Reinas de Saba Belly Dancing 9:30am-10:30am
- Feb 25
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am and 5:30pm-7:30pm
- Feb 26
 - Aquatic Workout 7:30 pm
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Feb 27
 - SG Bootcamp 7pm-8pm
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Feb 28
 - Resaca de la Palma State Park Night Hike 5:30pm-7:00pm

February

2014

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THE CHALLENGE

BROWNSVILLE, TX

- Mar 1
 - Resaca de la Palma Park, Resaca Family Fun Day 1:30pm-3pm
 - Reinas de Saba Belly Dancing 9:30am-10:30am
 - Blazing Fitness 9:30am-10:30am
 - Yoga Matamoros 4pm-6pm
- Mar 4
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 5
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Mar 6
 - IFNA Cooking Classes 10am-11:30am
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 8
 - Trailblazers, 1mi. walk & 1.5 marathon Registration @ 7am, Race @ 8am
 - Blazing Fitness 9:30am-10:30am
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Reinas de Saba Belly Dancing 9:30am-10:30am
- Mar 11
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 12
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Mar 13
 - IFNA Cooking Classes 10am-11:30am
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 15
 - BHC Wellness Expo 9am-1pm
 - Blazing Fitness 9:30am-10:30am
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Reinas de Saba Belly Dancing 9:30am-10:30am
- Mar 16
 - **Cyclobia**
- Mar 18
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
 - Family Outreach 9am-11am
- Mar 19
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Mar 20
 - IFNA Cooking Classes 10am-11:30am
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 22
 - BISD 8:30am-10:30am Zumba class, Step Aerobics, and Circuit Training
 - Blazing Fitness 9:30am-10:30am
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Reinas de Saba Belly Dancing 9:30am-10:30am

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Academy Sports & Outdoors Weigh-Ins every Friday from 3pm-10pm

2014

- Mar 25
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 26
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
 - Blazing Fitness (Zumba Classes) 7:30 pm
- Mar 27
 - IFNA Cooking Classes 10am-11:30am
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- Mar 28
 - Resaca de la Palma State Park Night Hike 5:30pm-7:00pm
- Mar 29
 - Yoga Matamoros 4pm-5pm & 5pm-6pm
 - Blazing Fitness 9:30am-10:30am
 - Port of Brownsville 5K Run and 1 mi. Run/Walk. 7am Registration and 8am Run/Walk starts at Port of Brownsville (TEXAS ID REQUIRED)
 - Reinas de Saba Belly Dancing 9:30am-10:30am



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March

2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
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Academy Sports & Outdoors Weigh-Ins every Friday from 3pm-10pm

- **Apr 1**
 - Blue Moon Yoga 6:45pm-8pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- **Apr 2**
 - 7 on 7 Bike Ride 6:30pm
 - Blazing Fitness 9:30am-10:30am
- **Apr 3**
 - IFNA Cooking Classes 10am-11:30am
 - Blue Moon Yoga 5:30pm-6:45pm
 - Ranger Crossfit 5pm, 6pm, 7pm, and 8pm
- **Apr 4**
 - Final Weigh-in at Southmost Library from 5pm-8pm
- **Apr 5**
 - Final Weigh-in at Linear Park from 9am-12noon
- **Apr 10**
 - IFNA Cooking Classes 10am-11:30am
- **Apr 17**
 - IFNA Cooking Classes 10am-11:30am



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April
2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
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Contact Information and Location of Events

Organization	Name	Event	Phone Number	Location of Event
Infant and Family Nutrition Agency	Toni Sneslon	Nutrition Courses	(956) 541-9250	1225 Boca Chica Blvd, Brownsville, TX 78520. First United Methodist Church at Fellowship Hall
Ranger Crossfit	Luis Cantu	Crossfit Classes	(956) 346-0438	2450 Courage Blvd. Ste. 111 Brownsville, Texas 78521
JT Cycling	Terri or Joe	Bicycle Rides	(956) 545-0866	1601 E. Alton Gloor Blvd. Brownsville, TX 78526
Port of Brownsville	Margie Recio	Walk/Run	(956) 838-7008	1000 Foust Road Brownsville, TX 78521
BISD Wellness	Anisa Gonzalez	Zumba, Step Aerobics, Circuit Training	(956) 698-0194	708 Palm Blvd., Brownsville, TX 78521
BCHC	Alix Flores	Weekend Event	(956) 621-3618	191 East Price Road, Brownsville, Texas
Trailblazers	Ana Garcia	Walk/Run	(956) 592-0200	Brownsville Event Center
Yoga Matamoros	Ivan Mejia	Yoga Class	(956) 312-8239	UTB Student Union Resaca
Brownsville Crossfit	Danielle	Crossfit Class	(956) 524-3085	468 Regal Suit 127 Brownsville, TX 78521
Aquatic Workout	Lilia Gonzales	Water Aerobics Class	(956) 459-8373	1714 Boca Chica Blvd. Brownsville, TX 78520
SG Bootcamp	Sal Garza	Bootcamp Classes	(956) 525-0223	Brownsville Event Center
BPUB	Alicia Warner	Connect to Wellness	(956) 983-6284	HEB on 2155 Paredes Line Rd., Brownsville, TX
Valley Regional	Robin Brechot	Tai Chi, Zumba, Line Dancing	(956) 350-7745	100 E. Alton Gloor Blvd., Brownsville, TX 78526

Contact Information and Location of Events

Blue Moon Yoga	Holly D 'Andrea	Yoga class	(314) 369-5788	3001 Pablo Kisel 7 Sunrise Blvd., Sunrise Corner Suite H-3
Resaca de la Palma	Gloria Alcaraz	Bike and Hike and Family Event Fun	(956) 350-2920	1000 New Carmen Blvd. Brownsville, Texas 78521
Blazing Fitness	Johnny Tapia	Kickboxing and Circuit Training	(956) 639-2848	34 S. Price Road, Brownsville, Texas 78526
Healthy Communities	Rose Timmer	Bike Rodeo/ Walk	(956) 554-5067	Belden Trail
Driscoll Children's Hospital	Irene Del Toro	Circuit Training	(956) 698-0194	708 Palm Blvd., Brownsville, TX 78521
Tip of Texas Family Outreach	Alma Herrera	Nutrition Courses and Bootcamp classes with walking groups	(956) 541-5566	455 E. Levee, Brownsville, TX 78520
Reinas de Saba	Nellie Treviño	Belly Dancing Classes	(956) 541-3035	355 W. Elizabeth #210, Brownsville, Texas 78521