



SUMMER 2026

Community Exercise Outreach Courses

- ♥ STAY ACTIVE.
- ♥ STAY STRONG.
- ♥ STAY YOU!

♥ ALL AGES. ALL ABILITIES. ALL WELCOME! ♥

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00AM – 7:45AM	WEIGHT TRAINING Mel + Anette HREC 230	CORE TRAINING Mel + Ryan SPEC Group Ex or HREC 230	WEIGHT TRAINING Mel + Anette HREC 230	CORE TRAINING Mel + Ryan SPEC Group Ex or HREC 230
NOON – 12:45PM	NOON BURN Anette + Ryan SPEC Group Ex	RESISTANCE TRAINING Ryan + Mel SPEC Weight Room	NOON BURN Anette + Ryan SPEC Group Ex	RESISTANCE TRAINING Ryan + Mel SPEC Weight Room
5:00PM – 6:00PM	ZUMBA Angela Flores SPEC Group Ex		ZUMBA Angela Flores SPEC Group Ex	
6:00PM – 6:30PM		PILATES Carley + Abigail Weavers of Love		PILATES Carley + Abigail Weavers of Love
6:00PM – 7:00PM	FITNESS WALKING Carley + Pushti		FITNESS WALKING Carley + Pushti	
6:30PM – 7:00PM		YOGA Abigail + Carley Weavers of Love		YOGA Abigail + Carley Weavers of Love

Stronger Together.
Healthier Together.



STAY ACTIVE.
STAY STRONG.
STAY YOU!

CLASSES HELD AT
HREC 230, SPEC GROUP EX,
SPEC WEIGHT ROOM &
WEAVERS OF LOVE

COME AS YOU ARE.
LEAVE STRONGER!

Community Exercise Outreach

Methodist Healthcare Ministries
OF SOUTH TEXAS, INC.
Serving Humanity to Honor God

Weavers of Love, Inc.
Supportive Services

TEXAS A&M UNIVERSITY-KINGSVILLE
REC SPORTS