



Fitness in the park



AUGUST 2016 SCHEDULE

UPDATED 8.3.16

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



@SAParksFitness
San Antonio Parks and Recreation Fitness

WEATHER HOTLINE (210) 207-3128

SCHEDULE LEGEND



Outdoor Class



Indoor Class



Outdoor During Nice Weather
Indoor During Bad Weather

BOOT CAMPS

Boot camps and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility, giving you a great total body workout. An exercise “circuit” refers to one completion of all prescribed exercises in the program.



| Class Name | Location | Day(s) | Time | Meeting Place |
|-------------------------------------|--|--------------|----------|---|
| Thunderstruck Boot Camp |  Garza Park 1450 Mira Vista | Mon / Wed | 6:30 pm | Inside Garza Community Center |
| Adult Boot Camp |   Harlandale Park 7227 Briar Place | Mon | 6:30 pm | Inside Harlandale Community Center *No class August 8 |
| Adult Boot Camp |  Phil Hardberger Park East 13203 Blanco | Sat | 9:30 am | Near the outdoor classroom *No class August 6 |
| Boot Camp |  South San Park 2031 Quintana | Mon | 6:30 pm | Inside South San Community Center |
| Boot Camp |   South Side Lions Park 3100 Hiawatha | Thurs | 5:45 pm | Inside South Side Lions Community Center *No class August 4 |
| Boot Camp |   Encino Library 2515 East Evans Rd. | Sat | 11:00 am | Inside Encino Library |
| Boot Camp |  Travis Park 301 E Travis | Wed | 5:30 pm | In the park *No class August 3 |
| Boot Camp hosted by Alamo Nutrition |  McAllister Park 13102 Jones Maltsberger | Tues / Thurs | 6:00 pm | At the outdoor fitness stations |
| Boot Camp hosted by Alamo Nutrition |  Stone Oak Park 20395 Stone Oak Parkway | Sat | 9:00 am | At the outdoor fitness stations |



CIRCUIT TRAINING

| Class Name | | Location | Day(s) | Time | Meeting Place |
|--|---|---|-------------|----------|---|
| Adult Circuit Training |  | McAllister Park 13102 Jones Maltsberger | Sat | 10:00 am | At the outdoor fitness stations *No class August 13 |
| Adult Circuit Training |   | Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway | Tues/Thurs | 6:00 pm | Inside Enrique Barrera Fitness Center |
| Adult Circuit Training |  | Bonnie Conner Park 13300 Woller | Thurs | 5:30 pm | Next to the playground *No class August 11 |
| Adult Circuit Training |   | Woodlawn Lake Park 1103 Cincinnati | Mon / Thurs | 6:30 pm | Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) |
| Adult Circuit Training |  | Lou Kardon Park 6161 Gibbs Sprawl Rd. | Wed | 8:30 am | At the playground *No class August 10 |
| Outdoor Circuit hosted by the Mays Family YMCA |  | Panther Springs Park 21456 Blanco | Mon / Wed | 8:30 am | Check in at the Mays YMCA reception desk |
| Adult Circuit Training (30 minutes) |  | Walker Ranch Park 12603 West Ave. | Mon | 5:15 am | Next to the pavilion |
| Adult Circuit Training |  | Hardberger Park West 8400 NW Military Hwy | Sun | 11:00 am | Next to the basketball courts *No class August 7 |
| Adult Circuit Training |  | Lockwood Park 801 N. Olive | Sun | 10:00 am | Near the Farmer's Market *No class August 7 or 21 |
| Adult Circuit Training |   | Lions Field 2809 Broadway | Tues | 7:30 pm | Inside Lions Field Adult and Senior Center |

CIRCUIT TRAINING, CROSS TRAINING AND MORE



| Class Name | | Location | Day(s) | Time | Meeting Place |
|---|---|---|-------------------|----------|--|
| Adult Circuit Training |  | Collins Garden Park 1525 Nogalitos | Mon | 6:00 pm | At the outdoor fitness stations |
| Adult Circuit Training |   | Cuellar Park 5626 San Fernando | Mon | 5:30 pm | Inside the small gym *No class August 1 or 8 |
| Low Impact Circuit Training |   | Encino Library 2515 East Evans Rd. | Sat | 10:00 am | Inside Encino Library |
| Low-Impact Circuit Training |   | Parman Library 20735 Wilderness Oak | Mon | 10:00 am | Inside Parman Library *No class August 22 |
| Adult Low-Impact Circuit Training |  | Lackland Terrace Park 7902 Westshire | Wed | 10:00 am | Inside Gill Community Center |
| Adult Low Impact Circuit Training |  | West End Park 1401 N Hamilton | Mon | 8:30 am | Next to Frank Garrett Center |
| Cross Training |  | Garza Park 1450 Mira Vista | Tues / Thurs | 6:30 pm | Inside Garza Community Center |
| Core Training (30 min) |  | OP Schnabel Park 9606 Bandera | Mon | 6:30 pm | Next to the playground *No class August 22 |
| Core Training (30 min) |  | OP Schnabel Park 9606 Bandera | Mon | 7:00 pm | Next to the playground *No class August 22 |
| Circuit Training |  | La Villita 418 Villita St. | Tues, August 9 | 8:00 pm | Next to Mobile Fit SA |
| Easy Movement (Adults and Seniors) |  | Lions Field 2809 Broadway | Mon / Fri | 10:00 am | Inside Lions Field Adult and Senior Center |
| Functional Fitness (Adults and Seniors) |  | Lions Field 2809 Broadway | Thurs | 8:30 am | Inside Lions Field Adult and Senior Center *No class August 11 |

INTERVAL TRAINING

| Class Name | Location | Day(s) | Time | Meeting Place |
|---|--|-------------------|----------|---|
| Interval Training   | Joe Ward Park 435 E. Sunshine | Wed | 6:30 pm | Inside Ward Community Center *No class August 10 |
| Interval Training  | Bonnie Conner Park 13300 Woller | Thurs | 6:30 pm | Next to the playground *No class August 11 |
| Interval Training   | Highland Park 901 Rigsby | Tues | 7:00 pm | Inside Bode Community Center *No class August 9 |
| Interval Training  | Hardberger Park West 8400 NW Military Hwy | Sun | 10:00 am | Next to the basketball courts *No class August 7 |
| Interval Training  | McAllister Park 13102 Jones Maltsberger | Sat | 11:00 am | Next to the Turkey Roost Pavilion *No class August 13 |
| Interval Training  | Walker Ranch Park 12603 West Ave. | Wed | 7:00 pm | Next to the pavilion |
| Interval Training  | Walker Ranch Park 12603 West Ave. | Mon | 6:00 am | Next to the pavilion |
| Interval Training   | Woodlawn Lake Park 1103 Cincinnati | Mon / Thurs | 7:30 pm | Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) |
| Interval Training  | La Villita 418 Villita | Tues, August 9 | 7:00 pm | Next to the Mobile Fit SA |

Interval Training includes many of the same movements that make up a boot camp or circuit training session. What makes interval training unique is the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session giving everyone a complete body work out.



BICYCLE CIRCUIT

| Class Name | Location | Day(s) | Time | Meeting Place |
|---|-----------------------------------|-------------------|---------|---|
| Bicycle Circuit   | Mission Library 3134 Roosevelt | Sat | 2:00 pm | Meet in the library courtyard *In the case of rain, meet inside the library for a traditional circuit training class *No class August 6 |
| Cyclo Cross (Beginner's and Kids)  | LBJ Park 10700 Nacogdoches | Wed, August 31 | 6:10 pm | Meet next to Lou Hamilton Community Center |
| Cyclo Cross (Open)  | LBJ Park 10700 Nacogdoches | Wed, August 31 | 6:30 pm | Meet next to Lou Hamilton Community Center |

Cycle Circuit is a unique blend of cycling and circuit training. During each session, participants will engage in a series of exercises at designated stopping points followed by a period of cycling. Each participant must have his/her own bicycle and helmets are required.

Although traditional cyclo cross is a form of bicycle racing, we prefer to focus on the fitness element. The emphasis is on the cyclist's aerobic and muscular endurance, as well as bike handling skills. Bring your bike and join us for an off-road bicycle obstacle course ride that is sure to help sharpen your skills and give you a great workout! Helmets are required.

FAMILY FITNESS FRENZY

Family Fitness Frenzy is a great way to work out as a family. This unique exercise class allows the entire family to work out together. Activities are modified for all ages and abilities. Model healthy habits to your children while improving your family's overall health. A parent or guardian must stay with their children during class.



| Class Name | Location | Day(s) | Time | Meeting Place |
|-----------------------|----------------------------------|-------------------|----------|---|
| Family Fitness Frenzy | OP Schnabel Park 9606 Bandera | Mon | 5:30 pm | Next to the playground *No class August 22 |
| Family Fitness Frenzy | Lockwood Park 801 N. Olive | Sun | 11:00 am | Near the Farmer's Market *No class August 7 or 21 |
| Family Fitness Frenzy | La Villita 418 Villita St. | Tues, August 9 | 6:00 pm | At the Mobile Fit SA |

CROSS FIT

Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

| Class Name | Location | Day(s) | Time | Meeting Place |
|----------------------|--|--------|----------|---|
| Cross Fit | Highland Park 901 Rigsby | Tues | 6:00 pm | Inside Bode Community Center *No class August 9 |
| Cross Fit | Harlandale Park 7227 Briar Place | Mon | 7:30 pm | Inside Harlandale Community Center *No class August 8 |
| Cross Fit | McAllister Park 13102 Jones Maltzberger | Sat | 9:00 am | At the Turkey Roost pavilion *No class August 13 |
| Cross Fit | Joe Ward Park 435 E. Sunshine | Wed | 7:30 pm | Inside Ward Community Center *No class August 10 |
| Cross Fit for Kids | Rainbow Hills Park 528 Rasa | Tues | 5:00 pm | In the field |
| Cross Fit for Adults | Rainbow Hills Park 528 Rasa | Tues | 6:00 pm | In the field |
| Cross Fit | Monterrey Park 5909 W. Commerce | Sat | 10:00 am | Next to the playground *No class August 20 or 27 |
| Cross Fit | Pearsall Park 4700 Old Pearsall Rd. | Wed | 6:00 pm | At the Fitness Challenge Zone |

YOGA, TAI CHI AND MEDITATION

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Try one of several types of yoga offered, including our Family Friendly Yoga classes that are open to families with young children. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused



| Class Name | | Location | Day(s) | Time | Meeting Place |
|-------------------------------|--|---|-----------|----------|--|
| Yoga |  | Dorie Miller 2802 MLK Dr. | Sat | 11:30 am | Inside Dorie Miller Community Center |
| Yoga |   | Mission Library 3134 Roosevelt | Sat | 1:00 pm | Inside Mission Library *No class August 6 |
| Yoga |  | Pan American Library 1122 Pyron Ave. | Sun | 11:00 am | Inside Pan American Library |
| Yoga |  | LBJ Park 10700 Nacogdoches | Wed | 6:00 pm | Inside Lou Hamilton Community Center |
| Family Friendly Yoga |  | Phil Hardberger Park East 13203 Blanco | Sat | 10:30 am | At the outdoor classroom *No class August 6 |
| Family Friendly Yoga |  | Collins Garden Park 1525 Nogalitos | Mon | 7:00 pm | At the outdoor fitness stations |
| Chair Yoga |  | Dorie Miller 2802 MLK Dr. | Sat | 10:30 am | Inside Dorie Miller Community Center |
| Tai Chi |  | Pan American Library 1122 Pyron Ave. | Fri | 11:00 am | Inside Pan American Library |
| Stretching and Recovery |  | Hardberger Park West 8400 NW Military Hwy | Sun | 12:00 pm | Next to the basketball courts *No class August 7 |
| Meditation |  | Hardberger Park West 8400 NW Military Hwy | Sat | 4:00 pm | On the patio of the Phil Hardberger Park Urban Ecology Center |
| Yoga |  | Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway | Mon / Wed | 5:30 pm | Inside Enrique Barrera Fitness Center *Last class August 3 |
| Yoga |  | Cuellar Park 5626 San Fernando | Tues | 5:00 pm | Inside Cuellar Community Center *No class August 2 |
| Yoga hosted by Trinity Market |  | San Pedro Park 1315 San Pedro | Wed | 7:00 pm | At the gazebo |

IN THE POOL

Water Fitness is a great way to stay cool while getting a low impact workout. The water provides resistance and a soothing motion for your joints.



| Class Name | | Location | Day(s) | Time | Meeting Place |
|------------|---|----------------------------------|--------|---------|--|
| Aqua Zumba |  | San Pedro Pool 2200 N. Flores | Wed | 6:30 pm | Inside the pool *Last class August 10 |
| Aqua Zumba |  | Normoyle Pool 700 Culberson | Tues | 5:45 pm | Inside the pool *Last class August 9 |
| Aqua Zumba |  | Woodlawn Pool 221 Alexander | Wed | 6:45 pm | Inside the pool *Classes start August 17 |

LAP SWIMMING

Lap Swimming is a great full body workout that combines cardiovascular endurance with muscular strength training. Stay cool and get fit this summer with San Antonio Parks and Recreation Lap Swimming program.

| Class Name | | Location | Day(s) | Time | Meeting Place |
|--------------|---|---------------------------------------|------------------|-------------------|---------------|
| Lap Swimming |  | Woodlawn Lake Park 221 Alexander | Tues, Wed, Thurs | 7:30 am - 9:30 am | In the pool |
| Lap Swimming |  | Southside Lions Park 3100 Hiawatha | Tues, Wed, Thurs | 7:30 am - 9:30 am | In the pool |
| Lap Swimming |  | LBJ Park 10700 Nacogdoches | Tues, Wed, Thurs | 7:30 am - 9:30 am | In the pool |
| Lap Swimming |  | Heritage Park 1423 Ellison | Tues, Wed, Thurs | 7:30 am - 9:30 am | In the pool |



ZUMBA

Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!

| Class Name | | Location | Day(s) | Time | Meeting Place |
|---|---|---|-------------------|----------|---|
| Zumba Toning |  | McAllister Park 13102 Jones Maltsberger | Sat | 9:00 am | At the Turkey Roost Pavilion *No class August 13 |
| Zumba in partnership with Community First Health Plans |   | South Side Lions Park 3100 Hiawatha | Thurs | 6:45 pm | Inside South Side Lions Community Center *No class August 4 |
| Zumba |  | Arnold Park 1011 Gillette | Tues | 6:00 pm | Inside Ramirez Community Center |
| Zumba / Dance Mix hosted by the Y Living Center |  | Jimmy Flores Park 835 W. Southcross | Wed | 6:30 pm | Inside the Family YMCA |
| Zumba hosted by the Westside YMCA |  | Rosedale Park 2900 Ruiz | Sat | 10:00 am | Check in at the Westside YMCA reception desk |
| Zumba hosted by the YMCA at OP Schnabel Park |  | OP Schnabel Park 9606 Bandera | Fri | 6:00 pm | Check in at the YMCA at OP Schnabel Park reception desk |
| Adult Zumba in partnership with Community FirstHealth Plans |  | Lions Field 2809 Broadway | Wed | 7:00 pm | Inside Lions Field Adult and Senior Center *No class August 3 |
| Zumba |  | Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway | Mon | 6:45 pm | Inside Enrique Barrera Community Fitness Center *No class August 1 or 8 |
| Zumba hosted by Community First Health Plans |   | Garza Park 1450 Mira Vista | Tues | 6:30 pm | Inside Garza Community Center |
| Zumba hosted by Community First Health Plans |   | LBJ Park 10700 Nacogdoches | Sat | 11:30 am | Inside Lou Hamilton Community Center |
| Zumba |  | Villa Coronado 11031 Ruidosa | Mon | 6:00 pm | Inside Father Roman Community Center |
| Zumba |  | San Pedro Park 2200 N. Flores | Fri, August 26 | 9:00 am | At the skate park |

DANCE FITNESS

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, ballet, hula, and folklorico, we have something for everyone.



| Class Name | | Location | Day(s) | Time | Meeting Place |
|--|---|---|------------|----------|--|
| CYPHER Hip Hop Dance |  | Berta Almaguer Dance Studio 138 S. Josephine | Sat | 9:00 am | Inside Berta Almaguer Dance Studio *Ages 11 to Adult |
| Hula Dancing |  | LBJ Park 10700 Nacogdoches | Mon | 6:00 pm | Inside Lou Hamilton Community Center |
| Adult Line Dancing |  | Lackland Terrace Park 7902 Westshire | Fri | 10:00 am | Inside Gill Community Center |
| Adult Line Dancing |  | Granados Park 500 Freiling | Fri | 10:00 am | Inside Granados Adult & Senior Center |
| Line Dancing |  | Berta Almaguer Dance Studio 138 S. Josephine | Sat | 3:30 pm | Inside Berta Almaguer Dance Studio *No class August 6 |
| Bailar Es Vivir (A mix of dance styles) |  | Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway | Mon/Wed | 5:30 pm | Inside Enrique Barrera Fitness Center *Class taught in Spanish *No class August 15 or 17 |
| Intro to Folklorico Dance (Teens and Adults) |  | Berta Almaguer Dance Studio 138 S. Josephine | Tues | 10:00 am | Inside Berta Almaguer Dance Studio |
| Intro to Folklorico Dance for adults |  | Granados Park 500 Freiling | Fri | 11:00 am | Inside Granados Adult & Senior Center |
| Intro to Ballet Exercise (Teens and Adults) |  | Berta Almaguer Dance Studio 138 S. Josephine | Tues | 11:00 am | Inside Berta Almaguer Dance Studio |
| CIZE Live |  | Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway | Tues/Thurs | 7:00 pm | Inside Enrique Barrera Fitness Center |



MORE DANCE FITNESS

SCHEDULE LEGEND

-  Outdoor Class
-  Indoor Class
-  Outdoor During Nice Weather
Indoor During Bad Weather

| Class Name | Location | Day(s) | Time | Meeting Place |
|---------------------------|--|--------|----------|---|
| Adult Belly Dancing |  Lions Field Adult & Senior Center 2809 Broadway | Tues | 5:30 pm | Inside Lions Field Adult & Senior Center *No class August 9 |
| Belly Dancing |  Berta Almaguer Dance Studio 138 S. Josephine | Sat | 9:00 am | Inside Berta Almaguer Dance Studio *No class August 13 |
| ATS Belly Dancing |  Encino Library 2515 East Evans Rd. | Sun | 5:00 pm | Inside Encino Library |
| Adult Belly Dancing |  Granados Park 500 Freiling | Wed | 12:30 pm | Inside Granados Adult & Senior Center *No class August 10 |
| Adult Belly Dancing |  Commander's House 622 S. Flores | Tues | 11:00 am | Inside Commander's House *No class August 9 |
| Adult Caribe Rico Miderno |  Lions Field Adult & Senior Center 2809 Broadway | Tues | 6:30 pm | Inside Lions Field Adult & Senior Center *No class August 9 |
| Adult Caribe Rico Miderno |  Granados Park 500 Freiling | Wed | 1:30 pm | Inside Granados Adult & Senior Center *No class August 10 |

MORE CARDIO

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.

Piloxing is a fusion of Pilates, boxing, and dance done through interval training. Come try this new and unique exercise class!

Martial Arts is a great way to improve your balance, strength, flexibility and overall conditioning. This unique class allows you to work out as a family.

Tae Bo is a martial arts based workout made famous by Billy Banks. This fun-filled workout will tone your entire body.

| Class Name | | Location | Day(s) | Time | Meeting Place |
|---|---|--|----------------|----------|--|
| Cardio Kickboxing |  | Walker Ranch Park 12603 West Ave | Wed | 6:00 pm | Next to the pavilion |
| Cardio Kickboxing hosted by the Westside YMCA |  | Rosedale Park 2900 Ruiz | Sat | 12:00 pm | Check in at the Westside YMCA reception desk |
| Body Combat hosted by the Davis Scott YMCA |  | Pittman-Sullivan Park 1213 Iowa | Wed | 6:30 pm | Check in at the Davis-Scott YMCA reception desk |
| Body Pump hosted by the Westside YMCA |  | Rosedale Park 2900 Ruiz | Sat | 11:00 am | Check in at the Westside YMCA reception desk |
| Piloxing |  | South Side Lions Park 3100 Hiawatha | Mon | 6:30 pm | Inside South Side Lions Community Center |
| Family Martial Arts |   | Encino Library 2515 East Evans Rd. | Sat | 12:00 pm | Inside Encino Library <i>*Limit of 30 participants per session</i> |
| Family Martial Arts |   | Encino Library 2515 East Evans Rd. | Sat | 12:30 pm | Inside Encino Library <i>*Limit of 30 participants per session</i> |
| Tae Bo |  | Copernicus Park 5003 Lord Rd | Tues/ Thurs | 6:00 pm | Inside Copernicus Community Center *No class August 11 or 25 |

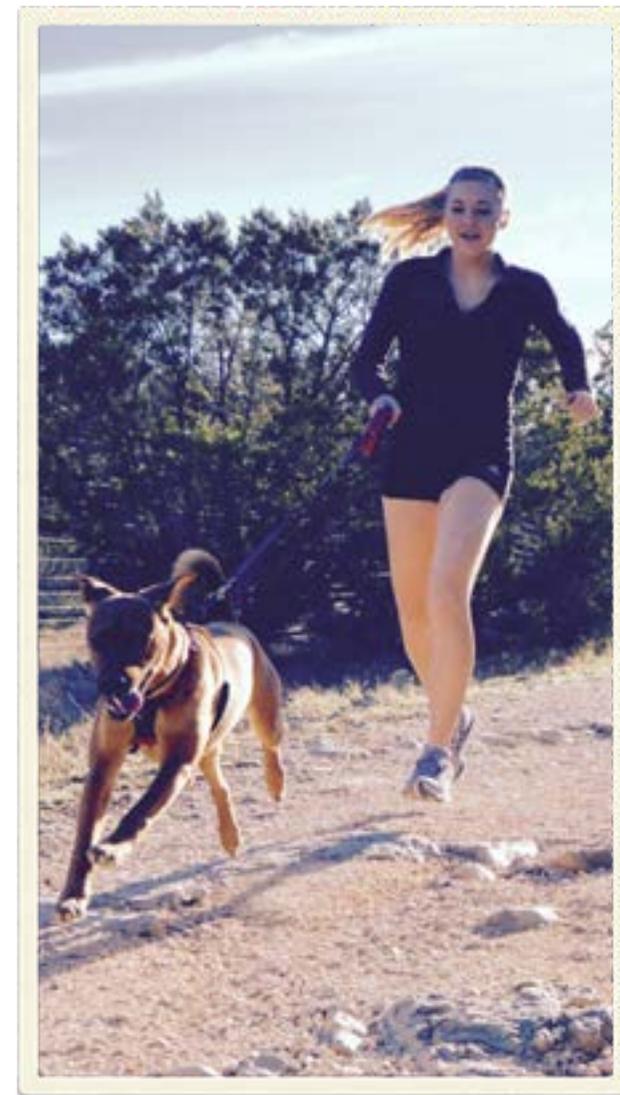


WALKING GROUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!

The National Recreation and Parks Association understands the benefits of walking as a form of exercise. Through their walking initiatives, NRPA is encouraging communities to design safe, walkable communities such as our Greenway Trail System as well as promote programs that encourage and support walking such as the programs listed here. Join the national push to “Get Out and Walk in Your Local Park”.

| Class Name | Location | Day(s) | Time | Meeting Place |
|---------------------|--|----------------|----------|---|
| Social Walk | Lackland Terrace Park 7902 Westshire | Mon | 10:00 am | Inside Gill Community Center |
| Power Walk | Commander's House 622 S. Flores | Tues | 8:30 am | On the porch of the Commander's House |
| Walk on the River | Commander's House 622 S. Flores | Thurs | 8:30 am | On the porch of the Commander's House |
| Walking Group | Woodlawn Lake Park 1103 Cincinnati | Mon / Thurs | 5:30 pm | Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) |
| Walk It Out Fitness | Copernicus Park 5003 Lord Rd. | Thurs | 7:00 pm | Inside Copernicus Community Center |
| Walk It Out Fitness | Copernicus Park 5003 Lord Rd. | Sat | 1:00 pm | Inside Copernicus Community Center |
| Community Walk | Pittman-Sullivan Park 1213 Iowa | Sat, August 27 | 8:30 am | At the Davis-Scott YMCA entrance |
| Walking Group | West End Park 1401 N Hamilton | Mon | 9:30 am | Next to Frank Garrett Center |
| Trails for Tails | Eisenhower Park 19399 NW Military | Fri | 6:00 pm | At the pavilion next to the playground |
| Trail Walking | Pearsall Park 4700 Old Pearsall Rd | Wed | 5:00 pm | At the Fitness Challenge Zone |
| Humana Hikes | McAllister Park 13102 Jones Maltsberger | Sat, August 20 | 9:00 am | At Al Beckon Pavilion |
| Walking in the Park | Lions Field 2809 Broadway | Mon / Wed | 8:30 am | At Lions Field Adult and Senior Center *No class August 8 or 10 |



JUST FOR KIDS

Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!



| Class Name | Location | Day(s) | Time | Meeting Place |
|---|---|-------------------|---------|--|
| Cross Fit for Kids |  Rainbow Hills Park 528 Rasa | Tues | 5:00 pm | In the field <i>*Adaptive Athletes encouraged to attend</i> |
| Youth Basketball Conditioning |  Arnold Park 1011 Gillette | Sat, August 27 | 2:00 pm | Inside Ramirez Community Center *Middle School Boys and Girls |
| Youth Basketball Conditioning |  Arnold Park 1011 Gillette | Sat, August 27 | 3:00 pm | Inside Ramirez Community Center *High School Boys and Girls |
| Youth and Adult Basketball Conditioning |  Copernicus Park 4003 Lord Rd | Mon | 7:00 pm | Inside Copernicus Community Center *No class August 1 |
| Youth Volleyball Conditioning |  Copernicus Park 4003 Lord Rd | Wed | 6:30 pm | Inside Copernicus Community Center *No class August 3 |
| Youth Sports Conditioning |   Cuellar Park 5626 San Fernando | Wed | 7:00 pm | Inside Cuellar Community Center *No class August 3 |
| Cyclo Cross |  LBJ Park 10700 Nacogdoches | Wed, August 31 | 6:10 pm | Meet next to Lou Hamilton Community Center |

MOM, POP AND TOT

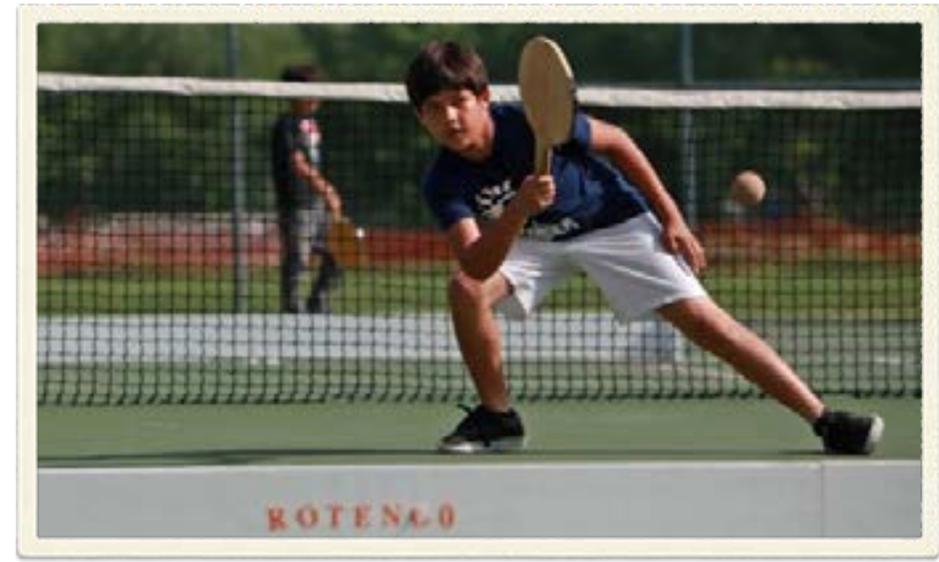
Mom, Pop & Tot Fitness is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout!

| Class Name | Location | Day(s) | Time | Meeting Place |
|---|---|---------------|---------|---|
| Stroller Strides by Fit 4 Mom  | Phil Hardberger Park East 13203 Blanco | Tues | 9:30 am | Picnic tables *For inclement weather cancellations call 800-279-7430 |
| Stroller Strides by Fit 4 Mom  | Phil Hardberger Park East 13203 Blanco | Sat, August 6 | 9:30 am | Picnic tables *For inclement weather cancellations call 800-279-7430 |

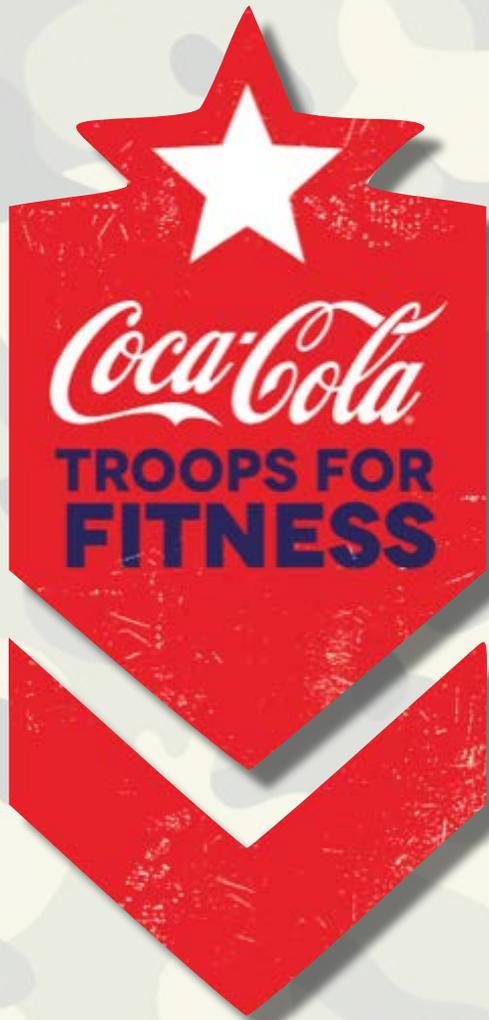


NET SPORTS

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation try table tennis, pickle ball, or RoTenGo, the hottest new racket in town! Labor Street Park is home to a set of marked RoTenGo courts for your enjoyment.



| Class Name | | Location | Day(s) | Time | Meeting Place |
|-----------------------------|---|--|--------------|----------------------|--|
| Adult Table Tennis |  | Mission Library 3134 Roosevelt | Tues / Thurs | 1:00 pm to 3:00 pm | Inside Mission Library |
| Adult Table Tennis |  | Mission Library 3134 Roosevelt | Sat | 3:30 pm to 4:45 pm | Inside Mission Library |
| Adult Table Tennis |  | Lions Field 2809 Broadway | Mon | 1:00 pm to 3:30 pm | Inside Lions Field Adult and Senior Center |
| Adult Table Tennis |  | Lions Field 2809 Broadway | Fri | 4:30 pm to 6:30 pm | Inside Lions Field Adult and Senior Center |
| Adult Modified Tennis |   | Granados Park 500 Freiling | Mon | 9:30 am to 10:30 am | Inside Granados Adult & Senior Center |
| Pickleball |  | LBJ Park 10700 Nacogdoches | Sat | 9:00 am to 1:00 pm | Inside Lou Hamilton Community Center |
| Adult Pickleball |   | Granados Park 500 Freiling | Mon | 10:30 am to 11:30 am | Inside Granados Adult & Senior Center |
| RoTenGo |  | Jesse James Leija Gym 319 W. Travis | Fri | 6:00 pm | Inside Jesse James Leija Gym (Upstairs) |
| RoTenGo |  | Labor Street Park 442 Labor Street | Tues | 6:15 pm | Meet on the RoTenGo courts |
| Chair Volleyball for adults |  | Lackland Terrace Park 7902 Westshire | Tues | 9:30 am | Inside Gill Adult & Senior Center |
| Adult Tennis |  | McFarlin Tennis Center 1503 San Pedro | Wed | 6:00 pm - 7:30 pm | Courts 17-19 |



TROOPS FOR FITNESS

Troops for Fitness is a series of fitness classes taught by skilled military veterans. With the support of Coca-Cola, the San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes. The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Adult Boot Camp**
Harlandale Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Low Impact Circuit**
Lackland Terrace Park
Parman Library
- **Yoga**
Enrique Barrera Center
Cuellar Park
- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Highland Park
- **Family Fitness Frenzy**
OP Schnabel Park
- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park
- **Core Training**
OP Schnabel Park



The Jaramillo Family: *A Fit Pass Success Story*


Fitness in the Park
Spotlight
August 2016



Like many of us, Michelle Jaramillo and her family struggled to maintain a workout schedule. It's hard to find the time and motivation to lace up the sneakers and exercise. That all changed for the Jaramillo family once they discovered Fit Pass.

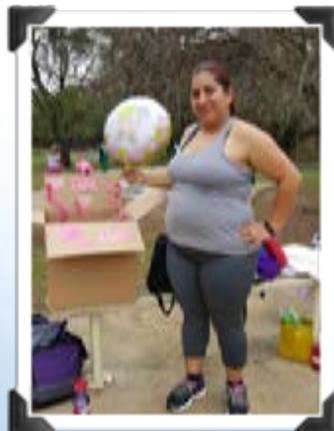
Michelle discovered Fit Pass in June of 2015. She knew she had to improve her health for her family. Fit Pass was just the motivation she needed to get active and fit.

The entire family started going to Fitness in the Park classes at McAllister Park in order to earn Fit Pass points. Michelle noticed that her family got closer and they were improving their health. Michelle lost weight, dropped 6 sizes and felt better. Before she started attending Fit Pass events and Fitness in the Park classes, she had trouble playing a simple game of tag with the kids. Months later the family enjoys games of kickball, soccer, baseball and of course, tag.

In November 2015, Michelle and her husband Refugio found out they were adding another member to their family. Michelle expressed her excitement by saying "My husband and I had been trying to have a child for over 5 years, but to our heartbreak we were unsuccessful. I truly feel that we were finally successful because my body was in a much healthier state. I know that I would not have been able to achieve and maintain such a change had it not been for Fitness in the Park. We continued to attend classes throughout my pregnancy. The instructors were really helpful in giving me modifications as I progressed through my pregnancy. Because I continued to workout during my pregnancy, I was able to have a fairly easy pregnancy."

Fitness in the Park means so much to the Jaramillo family that they wanted to share this experience with their "fitness family". They hosted their baby gender reveal party at McAllister Park. It's a girl!

We congratulate Michelle, Refugio, Izach (14), Robert (12), Colin (12), Ysela (10), and Matthew (5) on their new addition to the family. Zelena Alis Jaramillo was born on July 11, 2016. Mom, baby and family are all healthy and can't wait to start attending Fitness in the Park classes again.



| Monday August 1 | Tuesday August 2 | Wednesday August 3 | Thursday August 4 | Friday August 5 | Saturday August 6 | Sunday August 7 |
|---|--|---|---|---|---|--|
| 5:15 am Circuit Training Walker Ranch Park | 7:30 am Lap Swim Various Pools | 7:30 am Lap Swim Various Pools | 7:30 am Lap Swim Various Pools | 10:00 am Line Dancing Lackland Terrace Park | 9:00 am Pickleball LBJ Park | 11:00 am Yoga Pan American Library |
| 6:00 am Interval Training Walker Ranch Park | 8:30 am Walking Group Commanders House | 8:30 am Circuit Training Panther Springs Park | 8:30 am Walking Group Commanders House | Line Dancing Granados Center | Boot Camp Stone Oak Park | 5:00 pm Belly Dancing Encino Library |
| 8:30 am Circuit Training Panther Springs Park | 9:30 am Stroller Strides Hardberger Park East | Circuit Training Lou Kardon Park | Functional Fitness Lions Field | Easy Movement Lions Field | Zumba McAllister Park | |
| Walking Group Lions Field | Chair Volleyball Lackland Terrace Park | Walking Group Lions Field | 1:00 pm Table Tennis Mission Library | 11:00 am Tai Chi Pan American Library | Hip Hop Dance Berta Almaguer Studio | |
| Low Impact Circuit West End Park | 10:00 am Folklorico Berta Almaguer Studio | 10:00 am Low-Impact Circuit Lackland Terrace Park | 5:30 pm Walking Group Woodlawn Lake Park | Folklorico Granados Center | Cross Fit McAllister Park | |
| 9:30 am Modified Tennis Granados Center | 11:00 am Ballet Exercise Berta Almaguer Studio | 12:30 pm Belly Dancing Granados Park | Circuit Training Bonnie Conner Park | 4:30 pm Table Tennis Lions Field | Belly Dancing Berta Almaguer Studio | |
| Walking Group West End Park | 10:30 am Pickleball Granados Park | 1:30 pm Caribe Rico Miderno Granados Park | 6:00 pm Circuit Training Enrique Barrera FC | 6:00 pm Zumba OP Schnabel Park | 9:30 am Stroller Strides Hardberger Park East | |
| 10:00 am Low-Impact Circuit Parman Library | 1:00 pm Table Tennis Mission Library | 5:00 pm Trail Walking Pearsall Park | Tae Bo Copernicus Park | Rotengo Jesse James Leija Gym | 10:00 am Zumba Rosedale Park | |
| Social Walk Lackland Terrace Park | 5:00 pm Kids Cross Fit Rainbow Hills Park | 5:30 pm Bailar es vivir Enrique Barrera FC | Boot Camp McAllister Park | Trails for Tails Eisenhower Park | Circuit Training McAllister Park | |
| Easy Movement Lions Field | 5:30 pm Belly Dancing Lions Field | 6:00 pm Cardio Kickboxing Walker Ranch Park | 6:30 pm Circuit Training Woodlawn Lake Park | | Low Impact Circuit Encino Library | |
| 10:30 am Pickleball Granados Park | 6:00 pm Circuit Training Enrique Barrera FC | 6:30 pm Adult Tennis McFarlin Tennis Center | Interval Training Bonnie Conner Park | | Chair Yoga Dorie Miller Park | |
| 1:00 pm Table Tennis Lions Field | 6:15 pm RoTenGo Labor Street Park | 7:00 pm Interval Training Walker Ranch Park | Cross Training Garza Park | | Cross Fit Monterrey Park | |
| 5:30 pm Walking Group Woodlawn Lake Park | 6:30 pm Cross Training Garza Park | 7:00 pm Interval Training Walker Ranch Park | Walk It Out Fitness Copernicus Park | | Body Pump Rosedale Park | |
| Bailar es vivir Enrique Barrera FC | 7:00 pm Yoga Collins Garden Park | 7:30 pm Interval Training Woodlawn Lake Park | CIZE Live Enrique Barrera FC | | Interval Training McAllister Park | |
| Yoga Enrique Barrera FC | 7:30 pm Core Training OP Schnabel Park | 7:30 pm CrossFit Ward Park | | | Boot Camp Encino Library | |
| Family Fitness OP Schnabel Park | 7:30 pm Circuit Training Lions Field | | | | 11:00 am Yoga Dorie Miller Park | |
| 6:00 pm Hula LBJ Park | | | | | 11:30 am Yoga Dorie Miller Park | |
| Circuit Training Collins Garden Park | | | | | 12:00 pm Cardio Kickboxing Rosedale Park | |
| Zumba Villa Coronado Park | | | | | 12:30 pm Martial Arts Encino Library | |
| Piloxing South Side Lions Park | | | | | 1:00 pm Walk It Out Fitness Copernicus Park | |
| Boot Camp Garza Park | | | | | 3:30 pm Table Tennis Mission Library | |
| Boot Camp Harlandale Park | | | | | Line Dancing Berta Almaguer | |
| Boot Camp South San Park | | | | | 4:00 pm Meditation Hardberger Park West | |
| Circuit Training Woodlawn Lake Park | | | | | | |
| Core Training OP Schnabel Park | | | | | | |
| 7:00 pm Yoga Collins Garden Park | | | | | | |
| Core Training OP Schnabel Park | | | | | | |
| 7:30 pm Interval Training Woodlawn Lake Park | | | | | | |
| Cross Fit Harlandale Park | | | | | | |

| Monday August 8 | Tuesday August 9 | Wednesday August 10 | Thursday August 11 | Friday August 12 | Saturday August 13 | Sunday August 14 |
|---|--|---|--|---|--|--|
| 5:15 am Circuit Training Walker Ranch Park | 7:30 am Lap Swim Various Pools | 7:30 am Lap Swim Various Pools | 7:30 am Lap Swim Various Pools | 10:00 am Line Dancing Lackland Terrace Park | 9:00 am Pickleball LBJ Park | 10:00 am Circuit Training Lockwood Park |
| 6:00 am Interval Training Walker Ranch Park | 8:30 am Walking Group Commanders House | 8:30 am Circuit Training Panther Springs Park | 8:30 am Walking Group Commanders House | Line Dancing Granados Center | Hip Hop Dance Berta Almaguer Studio | Interval Training Hardberger Park West |
| 8:30 am Circuit Training Panther Springs Park | 9:30 am Stroller Strides Hardberger Park East | 10:00 am Low-Impact Circuit Lackland Terrace Park | 1:00 pm Table Tennis Mission Library | Easy Movement Lions Field | 9:30 am Boot Camp Hardberger Park East | 11:00 am Circuit Training Hardberger Park West |
| Low Impact Circuit West End Park | Chair Volleyball Lackland Terrace Park | 5:00 pm Trail Walking Pearsall Park | 5:30 pm Walking Group Woodlawn Lake Park | 11:00 am Tai Chi Pan American Library | 10:00 am Zumba Rosedale Park | 11:00 am Yoga Pan American Library |
| 9:30 am Modified Tennis Granados Center | 10:00 am Folklorico Berta Almaguer Studio | 5:30 pm Bailar es vivir Enrique Barrera FC | 5:45 pm Boot Camp Southside Lions Park | 4:30 pm Table Tennis Lions Field | 10:30 am Chair Yoga Dorie Miller Park | Family Fitness Lockwood Park |
| Walking Group West End Park | 11:00 am Ballet Exercise Berta Almaguer Studio | 6:00 pm Cardio Kickboxing Walker Ranch Park | 6:00 pm Boot Camp McAllister Park | 6:00 pm Zumba OP Schnabel Park | Yoga Hardberger Park East | 12:00 pm Stretching Hardberger Park West |
| 10:00 am Social Walk Lackland Terrace Park | 1:00 pm Table Tennis Mission Library | Adult Tennis McFarlin Tennis Center | Circuit Training Enrique Barrera FC | Rotengo Jesse James Leija Gym | Cross Fit Monterrey Park | 5:00 pm Belly Dancing Encino Library |
| Easy Movement Lions Field | 5:00 pm Kids Cross Fit Rainbow Hills Park | Cross Fit Pearsall Park | 6:30 pm Circuit Training Woodlawn Lake Park | Trails for Tails Eisenhower Park | 11:00 am Body Pump Rosedale Park | |
| Low-Impact Circuit Parman Library | Yoga Cuellar Park | Yoga LBJ Park | 6:30 pm Cross Training Garza Park | | Boot Camp Encino Library | |
| 10:30 am Pickleball Granados Park | Aqua Zumba Normoyle Pool | Zumba Jimmy Flores Park | 6:45 pm Zumba South Side Lions Park | | Yoga Dorie Miller Park | |
| 1:00 pm Table Tennis Lions Field | Circuit Training Enrique Barrera FC | Body Combat Pittman-Sullivan Park | 7:00 pm Walk It Out Fitness Copernicus Park | | Zumba LBJ Park | |
| 5:30 pm Walking Group Woodlawn Lake Park | Zumba Arnold Park | Aqua Zumba San Pedro Pool | CIZE Live Enrique Barrera FC | | Cardio Kickboxing Rosedale Park | |
| Bailar es vivir Enrique Barrera FC | 6:00 pm Circuit Training Enrique Barrera FC | Volleyball Conditioning Copernicus Park | 7:30 pm Interval Training Woodlawn Lake Park | | Martial Arts Encino Library | |
| Family Fitness OP Schnabel Park | 7:00 pm Interval Training La Villita | Interval Training Walker Ranch Park | | | 12:30 pm Martial Arts Encino Library | |
| 6:00 pm Hula LBJ Park | Cross Fit Rainbow Hills Park | Zumba Lions Field | | | 1:00 pm Walk It Out Fitness Copernicus Park | |
| Circuit Training Collins Garden Park | Boot Camp McAllister Park | Youth Sports Conditioning Cuellar Park | | | Yoga Mission Library | |
| Zumba Villa Coronado Park | Family Fitness La Villita | Yoga San Pedro Park | | | 2:00 pm Bicycle Circuit Training Mission Library | |
| 6:30 pm Piloxing South Side Lions Park | RoTenGo Labor Street Park | | | | 3:30 pm Table Tennis Mission Library | |
| Boot Camp Garza Park | 6:30 pm Cross Training Garza Park | | | | 4:00 pm Meditation Hardberger Park West | |
| Boot Camp South San Park | Zumba Garza Park | | | | | |
| Circuit Training Woodlawn Lake Park | 7:00 pm Interval Training La Villita | | | | | |
| Core Training OP Schnabel Park | CIZE Live Enrique Barrera FC | | | | | |
| 7:00 pm Yoga Collins Garden Park | 7:30 pm Circuit Training Lions Field | | | | | |
| Core Training OP Schnabel Park | 8:00 pm Circuit Training La Villita | | | | | |
| Basketball Conditioning Copernicus Park | | | | | | |
| 7:30 pm Interval Training Woodlawn Lake Park | | | | | | |

| Monday August 15 | Tuesday August 16 | Wednesday August 17 | Thursday August 18 | Friday August 19 | Saturday August 20 | Sunday August 21 |
|---|--|---|--|--|---|---|
| 5:15 am Circuit Training Walker Ranch Park | 7:30 am Lap Swim Various Pools | 7:30 am Lap Swim Various Pools | 7:30 am Lap Swim Various Pools | 10:00 am Line Dancing Lackland Terrace Park | 9:00 am Pickleball LBJ Park | 10:00 am Interval Training Hardberger Park West |
| 6:00 am Interval Training Walker Ranch Park | 8:30 am Walking Group Commanders House | 8:30 am Circuit Training Panther Springs Park | 8:30 am Walking Group Commanders House | Line Dancing Granados Center | Boot Camp Stone Oak Park | 11:00 am Circuit Training Hardberger Park West |
| 8:30 am Circuit Training Panther Springs Park | 9:30 am Stroller Strides Hardberger Park East | Circuit Training Lou Kardon Park | Functional Fitness Lions Field | Easy Movement Lions Field | Cross Fit McAllister Park | 11:00 am Circuit Training Hardberger Park West |
| Low Impact Circuit West End Park | Chair Volleyball Lackland Terrace Park | Walking Group Lions Field | 1:00 pm Table Tennis Mission Library | 11:00 am Tai Chi Pan American Library | Belly Dancing Berta Almaguer Studio | Yoga Pan American Library |
| Walking Group Lions Field | 10:00 am Folklorico Berta Almaguer Studio | 10:00 am Low-Impact Circuit Lackland Terrace Park | 5:30 pm Walking Group Woodlawn Lake Park | 11:00 am Folklorico Granados Center | Humana Hikes McAllister Park | 12:00 pm Stretching Hardberger Park West |
| 9:30 am Modified Tennis Granados Center | 11:00 am Ballet Exercise Berta Almaguer Studio | 12:30 pm Belly Dancing Granados Park | Circuit Training Bonnie Conner Park | 4:30 pm Table Tennis Lions Field | 9:30 am Boot Camp Hardberger Park East | 5:00 pm Belly Dancing Encino Library |
| Walking Group West End Park | Belly Dancing Commander's House | 1:30 pm Caribe Rico Miderno Granados Park | 5:45 pm Boot Camp Southside Lions Park | 6:00 pm Zumba OP Schnabel Park | 10:00 am Zumba Rosedale Park | |
| 10:00 am Social Walk Lackland Terrace Park | 1:00 pm Table Tennis Mission Library | 5:00 pm Trail Walking Pearsall Park | 6:00 pm Boot Camp McAllister Park | Rotengo Jesse James Leija Gym | Circuit Training McAllister Park | |
| Easy Movement Lions Field | 5:00 pm Kids Cross Fit Rainbow Hills Park | 5:30 pm Boot Camp Travis Park | 6:00 pm Circuit Training Enrique Barrera FC | Trails for Tails Eisenhower Park | Low Impact Circuit Encino Library | |
| Low-Impact Circuit Parman Library | Yoga Cuellar Park | 6:00 pm Cardio Kickboxing Walker Ranch Park | Tae Bo Copernicus Park | 10:30 am Chair Yoga Dorie Miller Park | Yoga Hardberger Park East | |
| 10:30 am Pickleball Granados Park | 5:30 pm Belly Dancing Lions Field | Adult Tennis McFarlin Tennis Center | 6:30 pm Circuit Training Woodlawn Lake Park | 11:00 am Body Pump Rosedale Park | 11:00 am Body Pump Rosedale Park | |
| 1:00 pm Table Tennis Lions Field | 6:00 pm Circuit Training Enrique Barrera FC | Yoga LBJ Park | Interval Training Bonnie Conner Park | 11:30 am Yoga Dorie Miller Park | Interval Training McAllister Park | |
| 5:30 pm Walking Group Woodlawn Lake Park | Cross Fit Highland Park | Cross Fit Pearsall Park | Cross Training Garza Park | Zumba LBJ Park | Boot Camp Encino Library | |
| Circuit Training Cuellar Park | Zumba Arnold Park | 6:30 pm Boot Camp Garza Park | 6:45 pm Zumba South Side Lions Park | 12:00 pm Cardio Kickboxing Rosedale Park | Martial Arts Encino Library | |
| Family Fitness OP Schnabel Park | Tae Bo Copernicus Park | Zumba Jimmy Flores Park | 7:00 pm Walk It Out Fitness Copernicus Park | Martial Arts Encino Library | 11:30 am Yoga Dorie Miller Park | |
| 6:00 pm Hula LBJ Park | Cross Fit Rainbow Hills Park | Interval Training Ward Park | CIZE Live Enrique Barrera FC | 1:00 pm Walk It Out Fitness Copernicus Park | Zumba LBJ Park | |
| Circuit Training Collins Garden Park | Boot Camp McAllister Park | Interval Training Ward Park | 7:30 pm Interval Training Woodlawn Lake Park | Yoga Mission Library | 12:30 pm Martial Arts Encino Library | |
| Zumba Villa Coronado Park | RoTenGo Labor Street Park | Body Combat Pittman-Sullivan Park | 7:30 pm Interval Training Woodlawn Lake Park | 2:00 pm Bicycle Circuit Training Mission Library | 1:00 pm Walk It Out Fitness Copernicus Park | |
| 6:30 pm Piloxing South Side Lions Park | Cross Training Garza Park | Volleyball Conditioning Copernicus Park | 7:30 pm Interval Training Woodlawn Lake Park | 3:30 pm Table Tennis Mission Library | Yoga Mission Library | |
| Boot Camp Garza Park | Caribe Rico Miderno Lions Field | 6:45 pm Aqua Zumba Woodlawn Pool | | 4:00 pm Meditation Hardberger Park West | 7:00 pm Yoga Collins Garden Park | |
| Boot Camp Harlandale Park | Zumba Garza Park | 7:00 pm Interval Training Walker Ranch Park | | | Core Training OP Schnabel Park | |
| Boot Camp South San Park | Interval Training Highland Park | Zumba Lions Field | | | Zumba Barrera Fitness Center | |
| Circuit Training Woodlawn Lake Park | CIZE Live Enrique Barrera FC | Youth Sports Conditioning Cuellar Park | | | | |
| Core Training OP Schnabel Park | Circuit Training Lions Field | Yoga San Pedro Park | | | | |
| 7:00 pm Yoga Collins Garden Park | | 7:30 pm CrossFit Ward Park | | | | |
| Core Training OP Schnabel Park | | | | | | |
| Basketball Conditioning Copernicus Park | | | | | | |
| 7:30 pm Interval Training Woodlawn Lake Park | | | | | | |
| Cross Fit Harlandale Park | | | | | | |

