Fitness in the Park

September 2015 Schedule

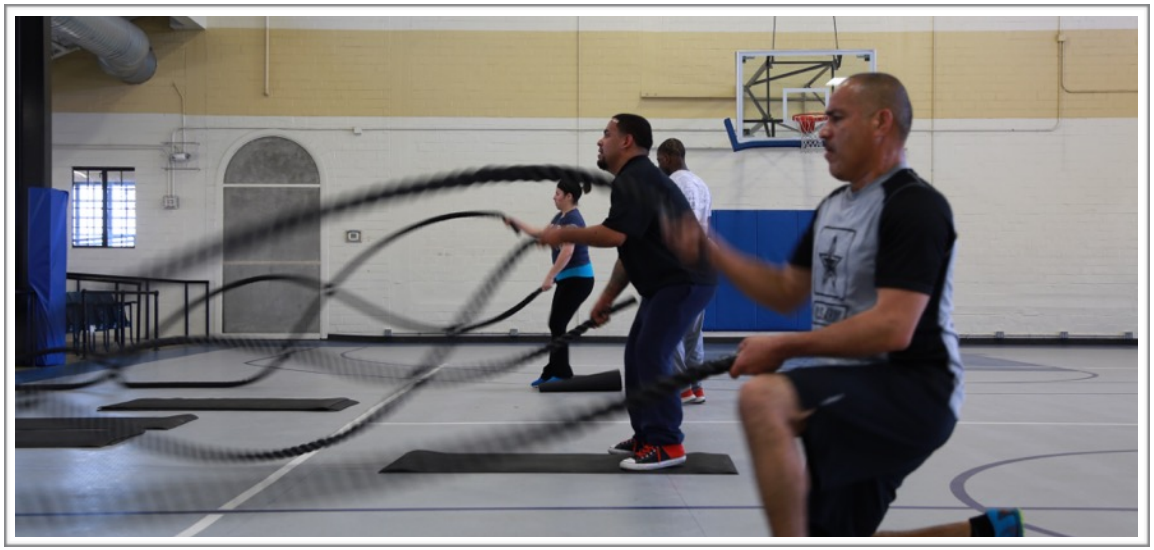
Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all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

@SAParksFitness
San Antonio Parks and Recreation Fitness

WEATHER HOTLINE
(210) 207-3128

BOOT CAMPS & CIRCUIT TRAINING

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 ***No class September 7**
Adult Boot Camp	Harlandale Park *7227 Briar Place*	Mon	6:30 pm	Inside Harlandale community center ***No class September 7**
Adult Boot Camp	LBJ Park *10700 Nacogdoches*	Wed	6:30 pm	Inside Lou Hamilton community center
SA Parks Fitness Boot Camp	Phil Hardberger Park East *13203 Blanco*	Sat	9:30 am	Near the outdoor classroom ***No class September 19**
Fitness Boot Camp	South San Park *2031 Quintana*	Mon	6:30 pm	Inside South San community center ***No class September 7**
Boot Camp hosted by Christ Fit Fusion	Stone Oak Park *20395 Stone Oak Pkwy*	Tues	9:30 am	At the outdoor fitness stations
Boot Camp hosted by Christ Fit Fusion	Hardberger Park West *8400 NW Military*	Mon	9:30 am	At the basketball courts ***No class September 7**
Boot Camp	Miller's Pond Park *6175 Old Pearsall Rd*	Wed	6:30 pm	Next to the pavilion
Transformation Warrior Boot Camp	Palm Heights Park *1201 W. Malone*	Mon, Tues, Thurs	7:30 pm	At the outdoor fitness stations ***No class September 7**
Boot Camp	OP Schnabel Park *9606 Bandera*	Tues	5:30 pm	At Graff Pavilion ***No class September 1**
Boot Camp	South Side Lions Park *3100 Hiawatha*	Thurs	5:30 pm	At the community center

BOOT CAMPS & 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
Adult Circuit Training	Enrique Barrera Fitness Center *5800 Old Hwy 90*	Tues	6:00 pm	Inside Enrique Barrera fitness center
Adult Circuit Training	Bonnie Conner Park *13300 Woller*	Tues / Thurs	5:30 pm	Next to playground ***No class September 29**
Adult Circuit Training	Labor Street Park *436 Labor Street*	Wed	5:30 pm	At the outdoor fitness stations ***No class September 23**
Adult Circuit Training	Collins Garden Park *1525 Nogalitos*	Sun, September 6 & 20	10:00 am	In the park
Adult Circuit Training	Dignowity Park *701 Nolan*	Sun, September 13 & 27	10:00 am	In the park next to library
Circuit Training	Woodlawn Lake Park *1103 Cincinnati*	Mon / Thurs	6:30 pm	Inside the Community Health & Wellness Center (Gym) ***No class September 7**
Circuit Training	Lou Kardon Park *6161 Gibbs Sprawl Rd.*	Wed	8:30 am	At the outdoor fitness stations
Outdoor Circuit hosted by the Mays Family YMCA	Panther Springs Park *21456 Blanco*	Mon / Wed	8:30 am	Mays YMCA lobby ***No class September 7**
Circuit Training (30 minutes)	Walker Ranch Park *12603 West Ave.*	Mon	5:15 am	Next to the pavilion ***No class September 7**
Adult Circuit Training	Hardberger Park West *8400 NW Military Hwy*	Sun	11:00 am	Next to the basketball courts
Adult Circuit Training	Travis Park *301 E. Travis*	Tues	12:00 pm	On the east side of the park

BOOT CAMPS & CIRCUIT TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	Stone Oak Park *20395 Stone Oak Pkwy*	Mon	8:30 am	At the outdoor fitness stations ***No class September 7**
Adult Circuit Training	Collins Garden Park *1525 Nogalitos*	Mon	6:00 pm	At the outdoor fitness stations ***No class September 7**
Adult Circuit Training	La Villita *418 La Villita*	Tues, September 8 & 22	6:00 pm	Next to the Mobile Fit van
Self Defense Circuit	Stone Oak Park *20395 Stone Oak Pkwy*	Mon	6:30 pm	At the outdoor fitness stations ***No class September 7**
Low-Impact Circuit Training	Parman Library *20735 Wilderness Oak*	Mon	10:00 am	In the conference room ***No class September 7**
Low-Impact Circuit Training	Lackland Terrace Park *7902 Westshire*	Wed	10:00 am	Inside Gill community center
Low-Impact Fitness Class (30 min)	La Villita *418 Villita St.*	Tues	1:30 pm	Juarez Plaza
Low-Impact Fitness Class (30 min)	La Villita *418 Villita St.*	Tues	2:00 pm	Juarez Plaza
Low-Impact Fitness Training	Commander's House *622 S. Flores*	Tues	10:00 am	In upstairs conference room
Low Impact Circuit Training	Lions Field Senior Center *2809 Broadway*	Tues	8:30 am	Inside Lions Field adult & senior center
Cross Training	Garza Park *1450 Mira Vista*	Tues / Wed / Thurs	6:00 pm	Inside Garza community center
Lunch Crunch (30 min)	Travis Park *301 E. Travis*	Tues	11:30 am	In the park

BOOT CAMPS & CIRCUIT 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
Interval Training	Bonnie Conner Park *13300 Woller*	Tues / Thurs	6:30 pm	Next to the playground ***No class September 29**
Interval Training	Highland Park *901 Rigsby*	Tues	7:00 pm	Inside Bode community center
Interval Training	La Villita *418 La Villita*	Tues, September 8 & 22	7:00 pm	Next to the Mobile Fit van
Interval Training	Hardberger Park West *8400 NW Military Hwy*	Sun	10:00 am	Next to the basketball courts
Interval Training	McAllister Park *13102 Jones Maltsberger*	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training	Walker Ranch Park *12603 West Ave.*	Wed	7:00 pm	Next to the pavilion
Interval Training	Stone Oak Park *20395 Stone Oak Pkwy*	Mon	5:30 pm	At the outdoor fitness stations ***No class September 7**
Interval Training	Walker Ranch Park *12603 West Ave.*	Mon	6:00 am	Next to the pavilion ***No class September 7**
Functional Fitness Fusion Interval Training	Veteran's Memorial Park *3864 Cibolo Valley Drive, Cibolo, TX*	Sat	9:00 am	Meet in the park

BOOT CAMPS & CIRCUIT TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	Miller's Pond Park *6175 Old Pearsall Rd*	Wed	5:30 pm	Next to the pavilion
Family Fitness Frenzy	LBJ Park *10700 Nacogdoches*	Wed	5:30 pm	Inside Lou Hamilton community center
Family Fitness Frenzy	Hardberger Park West *8400 NW Military Hwy*	Sun	12:00 pm	Next to the basketball courts
Family Fitness Frenzy	Collins Garden Park *1525 Nogalitos*	Sun, September 6 & 20	11:30 am	In the park
Family Fitness Frenzy	Dignowity Park *701 Nolan*	Sun, September 13 & 27	11:30 am	In the park next to library
Family Fitness Frenzy	Enrique Barrera Fitness Center *5800 Old Hwy 90*	Mon	5:30 pm	Inside Enrique Barrera fitness center ***Ages 12 and up** ***No class September 7**
ELITE Strength & Conditioning (Conditioning)	La Villita *418 La Villita*	Tues, September 8 & 22	8:00 pm	Next to the Mobile Fit van
ELITE Strength & Conditioning (Strength)	Cuellar Park *5626 San Fernando*	Mon	5:00 pm	Inside Cuellar community center ***No class September 7 or 28**
ELITE Strength & Conditioning (Conditioning)	Cuellar Park *5626 San Fernando*	Mon	6:00 pm	Inside Cuellar community center ***No class September 7 or 28**
ELITE Strength & Conditioning (Conditioning)	Labor Street Park *436 Labor Street*	Wed	6:30 pm	At the outdoor fitness stations ***No class September 23**

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
Cross Fit	Harlandale Park *7227 Briar Place*	Mon	7:30 pm	Inside Harlandale Community Center ***No class September 7**
Cross Fit	McAllister Park *13102 Jones Maltsberger*	Sat	9:00 am	Turkey Roost pavilion
Cross Fit	Joe Ward Park *435 E. Sunshine*	Wed	7:30 pm	Inside Ward Community Center
Cross Fit	Woodlawn Lake Park *1103 Cincinnati*	Mon / Thurs	7:30 pm	Inside the Community Health & Wellness Center (Gym) ***No class September 7**
Cross Fit hosted by Mission Cross Fit	Olmos Basin Park *651 Devine*	Sat, Sept 5	9:00 am	Field #1

MOMMY & ME

Mommy & Me Fitness is for all caregivers of young children. This unique fitness experience 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, September 5	9:30 am	Picnic tables ***For inclement weather cancellations call 800-279-7430**

Fitness in the park

YOGA & TAI CHI

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 manner, great for stretching and serenity.

Class Name	Location	Day(s)	Time	Meeting Place
Yoga	Dorie Miller 2802 MLK	Sat	11:30 am	Inside Dorie Miller Community Center
Yoga	Mission Library *3134 Roosevelt*	Sat	1:00 pm	Inside the conference room ***No class September 19**
Yoga	Pan American Library *1122 Pyron Ave.*	Mon	6:30 pm	Inside the library ***No class September 7**
Family Friendly Yoga	Phil Hardberger Park East *13203 Blanco*	Sat	10:30 am	At the outdoor classroom ***No class September 19**
Family Friendly Yoga	Collins Garden Park *1525 Nogalitos*	Mon	7:00 pm	At the outdoor fitness stations ***No class September 7**
Chair Yoga	Dorie Miller *2802 MLK*	Sat	10:30 am	Inside Dorie Miller Community Center
Tai Chi	Pan American Library *1122 Pyron Ave.*	Fri	11:00 am	Inside the library ***Must be on time to participate**

CYCLING

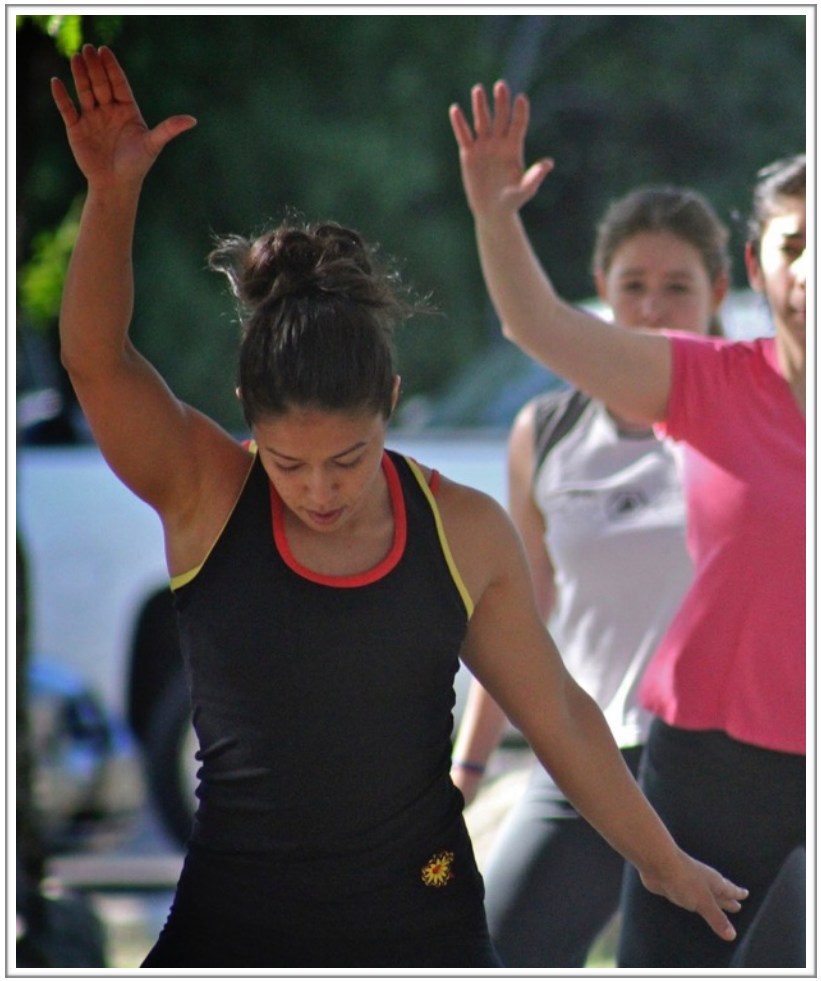
Cycling is a great workout for the whole family. With less impact on the joints than running, cycling can provide a peaceful day with lots of scenic views. Try Cycling Circuit, a unique fitness class that blends bicycling with elements of traditional circuit training. This is a 'bring your own' bike class recommended for adults 18 and up. CycloCross is an off-road course which requires you to navigate obstacles. CycloCross is open to all ages of riders. Helmets are required for both classes!

Class Name	Location	Day	Time	Meeting Place
Cycling Circuit	Mission Library *3134 Roosevelt*	Sat	2:00 pm	Outside the Library ***No class September 19**
Cyclo-Cross	LBJ Park *10700 Nacogdoches*	Wed	6:00 pm	Behind the softball fields

Class Name	Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans	Cuellar Park 5626 San Fernando	Mon/Wed	6:30 pm	Inside the large gym ***No class September 7**
Zumba	Harlandale Park *7227 Briar Place*	Wed	7:15 pm	Inside Harlandale community center
Zumba Toning	McAllister Park *13102 Jones Maltsberger*	Sat	9:00 am	Turkey Roost pavilion
Zumba	San Pedro Park *1415 San Pedro*	Sat	8:00 am	Near the pool entrance
Zumba	Enrique Barrera Fitness Center *5800 Old Hwy 90*	Mon	6:45 pm	At the fitness center ***No class September 7**
Zumba	South Side Lions Park *3100 Hiawatha*	Thurs	6:45 pm	At the community center
Zumba	OP Schnabel Park *9606 Bandera*	Tues	6:45 pm	At Graff Pavilion ***No class September 1**
Zumba	Arnold Park *1011 Gillette*	Tues	6:00 pm	Inside the Ramirez community center
Zumba / Dance Mix hosted by the Y Living Center	Jimmy Flores Park *835 W. Southcross*	Wed	6:30 pm	Inside the YMCA
Zumba hosted by the Walzem YMCA	Walzem YMCA *5538 Walzem*	Sat	11:00 am	Inside the YMCA
Zumba hosted by the Westside YMCA	Rosedale Park *2900 Ruiz*	Sat	10:00 am	Check in at the front desk
Zumba hosted by the Braundera YMCA	OP Schnabel Park *9606 Bandera*	Fri	6:00 pm	Inside the YMCA

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!



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 the dance studio *** Ages 11 to Adult**
Adult Hip Hop Dance	LBJ Park *10700 Nacogdoches*	Thurs	8:00 pm	Inside Lou Hamilton Community Center ***Ages 18+**
Hula Dancing	LBJ Park *10700 Nacogdoches*	Mon	6:00 pm	Inside Lou Hamilton Community Center ***No class September 7**
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	1:00 pm	Inside the dance studio
Bailar Es Vivir (A mix of dance styles)	Enrique Barrera Fitness Center *5800 Old Hwy 90*	Mon/Wed	6:00 pm	Inside Enrique Barrera fitness center ****Class is taught in Spanish*** ***No class September 7**
Intro to Folklorico Dance	Berta Almaguer Dance Studio *138 S. Josephine*	Tues	10:00 am	Teens and Adults - Inside the 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	Berta Almaguer Dance Studio *138 S. Josephine*	Tues	11:00 am	Teens and Adults - Inside the dance studio
Belly Dance Exercise	Berta Almaguer Dance Studio *138 S. Josephine*	Sat	9:00 am	Inside the dance studio
Belly Dance Exercise	LBJ Park 10700 Nacogdoches	Sat	12:30 pm	Inside Lou Hamilton Community Center's dance studio
Belly Dance Exercise	Lions Field Senior Center *2809 Broadway*	Tues	5:30 pm	Inside Lions Field Adult & Senior Center ***No class September 1 or 8**

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength routines. The goal is to improve all elements of fitness including flexibility, muscular strength, and cardio vascular fitness.

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 family class allows you to work out as a family.

P 90 X is a form of interval training that is scientifically structured to include a full body workout. By using high tempo songs with verbal cues embedded in the music, this workout will keep you coming back.

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

ALL KINDS OF CARDIO

Class Name	Location	Day(s)	Time	Meeting Place
Cardio Kickboxing	Walker Ranch Park *12603 West Ave*	Wed	6:00 pm	Next to the pavilion
Kickboixng	Brackenridge Park *3700 N. St. Mary's*	Sun, Sept 13	12:00 pm	Koehler Pavilion
Body Combat hosted by the Davis Scott YMCA	Pittman-Sullivan Park *1213 Iowa*	Wed	6:30 pm	Inside the YMCA
Body Combat hosted by the Westside YMCA	Rosedale Park *2900 Ruiz*	Sat	12:00 pm	Check in at the front desk
Body Pump hosted by the Westside YMCA	Rosedale Park *2900 Ruiz*	Sat	11:00 am	Check in at the front desk
Piloxing	South Side Lions Park *3100 Hiawatha*	Mon	6:30 pm	Inside South Side Lions community center ***No class September 7**
Family Martial Arts	Encino Library *2515 East Evans Rd.*	Mon	4:00 pm	Inside the library conference room **Limit of 30 participants per session* ***No class September 7**
Family Martial Arts	Encino Library *2515 East Evans Rd.*	Mon	4:30 pm	Inside the library conference room **Limit of 30 participants per session* ***No class September 7**
P 90 X Live	Nani Falcone *7625 Mystic Park*	Tues	7:30 pm	Near the playground
Tae Bo	Copernicus Park *5003 Lord Rd*	Tues, Thurs	6:00 pm	Inside Copernicus Community Center ***No class September 3 or 17**

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!

Class Name	Location	Day(s)	Time	Meeting Place
Social Walk	Lackland Terrace Park *7902 Westshire*	Mon	10:00 am	Inside Gill community center ***No class September 7**
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	Inside the Community Health & Wellness Center (Gym) ***No class September 7**
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
Fitness Walk	Leon Creek Greenway *3215 Northwestern*	Sat	8:30 am	At the trailhead
Community Walk	Pittman-Sullivan Park *1213 Iowa*	Sat, September 26	8:30 am	At the YMCA entrance
Social Walk	Villa Coronado Park *11030 Ruidosa*	Mon/Tues	6:30 pm	Outside Father Roman Community Center ***No class September 1 or 7**

Fitness in the park

VOLUNTEER OPPORTUNITIES

Do you host a free fitness class? Are you looking to start one up? If so, consider becoming part of Fitness in the Park.

Please contact **Travis.Davey@SanAntonio.gov** for details. We provide participant and instructor incentives, and we have a large network of participants that might be interested in joining you.

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
Youth Sports Conditioning	Cuellar Park *5626 San Fernando*	Wed	7:30 pm	Inside the large gym ***Ages 14 to 18**
Youth Basketball Conditioning	Hardberger Park West *8400 NW Military*	Sun	5:00 pm	At the basketball courts ***Ages 8 to 17**
Youth and Adult Basketball Conditioning	Copernicus Park *5003 Lord*	Mon	6:30 pm	Inside the gym ***No class September 7**
Youth Volleyball Conditioning	Copernicus Park 5003 Lord	Wed	6:30 pm	Inside the gym
Youth Basketball Conditioning	Arnold Park *1011 Gillette*	Sat	2:00 pm	Inside the gym ***Middle School Ages**
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside the gym ***High School Ages**

LAP SWIMMING

Take advantage of free lap swimming opportunities provided by the San Antonio Parks and Recreation Department. Join us at one of four regional pools during the week for dedicated lap swimming times, open to the public. It's a great way to stay in shape by participating in a low impact exercise that builds endurance, improves flexibility, and helps strengthen muscles.

Class Name	Location	Day(s)	Time	Meeting Place
Lap Swimming	Heritage Pool *1423 Ellison*	Tues, Wed, Thurs ***Ends September 24**	7:30 - 9:30 am	At the pool
Lap Swimming	LBJ Pool *10700 Nacogdoches*	Tues, Wed, Thurs ***Ends September 24**	7:30 - 9:30 am	At the pool
Lap Swimming	South Side Lions Pool *3100 Hiawatha*	Tues, Wed, Thurs ***Ends September 24**	7:30 - 9:30 am	At the pool
Lap Swimming	Woodlawn Pool *221 Alexander*	Tues, Wed, Thurs ***Ends September 24**	7:30 - 9:30 am	At the pool

RACQUET 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! The newly renovated Labor Street Park is home to a brand new 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 the library
Adult Table Tennis	Mission Library *3134 Roosevelt*	Sat	3:30 pm to 4:45 pm	Inside the library
Modified Tennis	Granados Park *500 Freiling*	Mon	9:30 am to 10:30 am	At the Granados Adult & Senior Center ***No class September 7**
Pickleball	LBJ Park *10700 Nacogdoches*	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton community center gym
Pickleball	Granados Park *500 Freiling*	Mon	10:30 am to 11:30 am	At the Granados Adult & Senior Center ***No class September 7**
RoTenGo	Jesse James Leija Gym *319 W. Travis*	Fri	6:00 pm	Upstairs gym
RoTenGo	Labor Street Park *436 Labor Street*	Tues	6:15 pm	On the courts
Chair Volleyball for adults	Lackland Terrace Park *7902 Westshire*	Tues / Thurs	9:30 am	Inside Gill adult and senior center
Adult Tennis	McFarlin Tennis Center *1503 San Pedro*	Wed	6:00 pm - 7:30 pm	Courts 17-19 *Also open to adaptive players and Wounded Warriors

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
  LBJ Park

- **Circuit Training**
  Bonnie Conner Park
  Lou Kardon Park
  McAllister Park

- **Low Impact Circuit**
  Lackland Terrace

- **Interval Training**
  McAllister Park
  Bonnie Conner Park
  Ward Park
  Veterans Memorial Park (Cibolo)
  Highland Park

- **Family Fitness Frenzy**
  LBJ Park

- **Cross Fit**
  McAllister Park
  Harlandale Park
  Highland Park
  Ward Park

- **Cyclo-Cross**
  LBJ Park

FIT PASS 2015

A PASSPORT TO A **HEALTHIER** YOU.

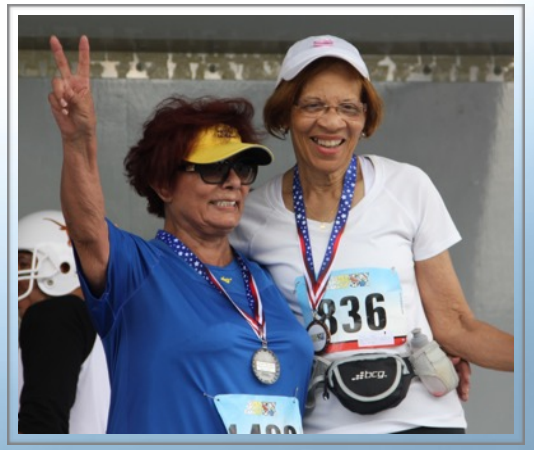
FITNESS IN THE PARK SPOTLIGHT SEPTEMBER 2015

It's the final weeks of Fit Pass 2015. It's been a great summer of fun health and wellness activities. We still have hundreds of opportunities to earn points, so finish strong! September 12th is your last chance to earn points. All passports must be turned in by September 19th.

Be sure to complete the post survey before submitting your passport. We will tally up the points and notify all our winners. Prizes will be awarded on Sunday, September 27th during Siclovia. Follow us on Facebook and Twitter for updates on time and location.

Many of the wellness opportunities you enjoyed during Fit Pass this summer are offered all year. Stay active and fit 365 days a year with Fitness in the Park, HEB tours, YMCA opportunities and San Antonio's great outdoor fitness stations.

Do you have a Fit Pass 2015 success story that you'd like to share? Email it to us at SAParksFitness@gmail.com. We'd love to hear it!



WEEKLY SCHEDULE

August - September 2015

Monday August 31

6:00 am
Interval Training Walker Ranch Park

8:30 am
Circuit Training Panther Springs Park
Circuit Training Stone Oak Park

9:30 am
Modified Tennis Granados Center
Boot Camp Hardberger Park West

10:00 am
Low-Impact Circuit Parman Library
Social Walk Lackland Terrace Park

10:30 am
Pickleball Granados Park

4:00 pm
Martial Arts Encino Library

4:30 pm
Martial Arts Encino Library

5:00 pm
Strength Cuellar Park

5:30 pm
Interval Training Stone Oak Park
Walking Group Woodlawn Lake Park
Family Fitness Enrique Barrera FC

6:00 pm
Conditioning Cuellar Park
Hula LBJ Park
Bailar es vivir Enrique Barrera FC
Circuit Training Collins Garden Park

6:30 pm
Piloxing South Side Lions Park
Self Defense Circuit Stone Oak Park
Boot Camp Garza Park
Boot Camp Harlandale Park
Boot Camp South San Park
Yoga Pan American Library
Circuit Training Woodlawn Lake Park
Basketball Conditioning Copernicus Park
Zumba Cuellar Park

6:45 pm
Zumba Barrera Fitness Center

7:00 pm
Family Yoga Collins Garden Park

7:30 pm
Cross Fit Woodlawn Lake Park
Cross Fit Harlandale Park
Boot Camp Palm Heights Park

Tuesday September 1

7:30 am
Lap Swimming Various Pools

8:30 am
Power Walk Commander's House
Low Impact Circuit Lions Field

9:30 am
Stroller Strides Hardberger Park East
Chair Volleyball Lackland Terrace Park
Youth Tennis McFarlin Tennis Center
Boot Camp Stone Oak Park

10:00 am
Folklorico Berta Almaguer Studio
Low Impact Fitness Commander's House

11:00 am
Ballet Exercise Berta Almaguer Studio

11:30 am
Lunch Crunch Travis Park

12:00 pm
Circuit Training Travis Park

1:00 pm
Table Tennis Mission Library

1:30 pm
Low Impact Circuit La Villita

2:00 pm
Low Impact Circuit La Villita

5:30 pm
Circuit Training Bonnie Conner Park

6:00 pm
Cross Training Garza Park
Circuit Training Enrique Barrera FC
Cross Fit Highland Park
Zumba Arnold Park
Tae Bo Copernicus Park

6:15 pm
Rotengo Labor Street Park

6:30 pm
Interval Training Bonnie Conner Park

7:00 pm
Interval Training Highland Park

7:30 pm
Boot Camp Palm Heights Park
P 90 X Live Nani Falcone Park

Wednesday September 2

7:30 am
Lap Swimming Various Pools

8:30 am
Circuit Training Lou Kardon Park
Circuit Training Panther Springs Park

10:00 am
Low-Impact Circuit Lackland Terrace Park

5:30 pm
Family Fitness Frenzy LBJ Park
Circuit Training Labor Street Park
Family Fitness Miller's Pond

6:00 pm
Bailar es vivir Enrique Barrera FC
Cross Training Garza Park
Cardio Kickboxing Walker Ranch Park
Adult Tennis McFarlin Tennis Center
Cyclo-Cross LBJ Park

6:30 pm
Boot Camp LBJ Park
Boot Camp Garza Park
Zumba Jimmy Flores Park
Zumba Cuellar Park
Interval Training Ward Park
Conditioning Labor Street Park
Body Combat Pittman-Sullivan Park
Boot Camp Miller's Pond
Volleyball Conditioning Copernicus Park

7:00 pm
Interval Training Walker Ranch Park

7:15 pm
Zumba Harlandale Park

7:30 pm
Cross Fit Ward Park
Youth Sports Cond Cuellar Park

Thursday September 3

7:30 am
Lap Swimming Various Pools

8:30 am
Walk on the River Commander's House

9:30 am
Chair Volleyball Lackland Terrace Park

1:00 pm
Table Tennis Mission Library

5:30 pm
Circuit Training Bonnie Conner Park
Walking Group Woodlawn Lake Park
Boot Camp Southside Lions Park

6:00 pm
Cross Training Garza Park

6:30 pm
Circuit Training Woodlawn Lake Park
Interval Training Bonnie Conner Park

6:45 pm
Zumba South Side Lions Park

7:00 pm
Walk It Out Fitness Copernicus Park

7:30 pm
Cross Fit Woodlawn Lake Park
Boot Camp Palm Heights Park

8:00 pm
Hip Hop Dance LBJ Park

Friday September 4

10:00 am
Line Dancing Lackland Terrace Park
Line Dancing Granados Center

11:00 am
Folklorico Granados Center
Tai Chi Pan American Library

6:00 pm
Zumba OP Schnabel Park
Rotengo Jesse James Leija Gym

Saturday September 5

8:00 am
Zumba San Pedro Park

8:30 am
Fitness Walk Leon Creek Greenway

9:00 am
Interval Training Veterans Memorial Park
CrossFit McAllister Park
Zumba McAllister Park
Pickleball LBJ Park
Hip Hop Dance Berta Almaguer Studio
Belly Dance Berta Almaguer Studio
CrossFit Olmos Basin Park

9:30 am
Boot Camp Hardberger Park East
Stroller Strides Hardberger Park East

10:00 am
Zumba Rosedale Park
Circuit Training McAllister Park

10:30 am
Chair Yoga Dorie Miller Park
Yoga Hardberger Park East

11:00 am
Zumba Walzem YMCA
Interval Training McAllister Park
Body Pump Rosedale Park

11:30 am
Yoga Dorie Miller

12:30 pm
Belly Dance LBJ Park

12:00 pm
Body Combat Rosedale Park

1:00 pm
Walk It Out Fitness Copernicus Park
Line Dancing Berta Almaguer
Yoga Mission Library

2:00 pm
Cycling Circuit Mission Library
Basketball Conditioning Arnold Park

3:00 pm
Basketball Conditioning Arnold Park

3:30 pm
Table Tennis Mission Library

Sunday September 6

10:00 am
Circuit Training Collins Garden Park
Interval Training Hardberger Park West

11:00 am
Circuit Training Hardberger Park West

11:30 am
Family Fitness Frenzy Collins Garden Park

12:00 pm
Family Fitness Hardberger Park West

5:00 pm
Basketball Conditioning Hardberger Park West

WEEKLY SCHEDULE

September 2015

Monday September 7

HOLIDAY BUSTER

STOP BY ANY OF THE 11 YMCA LOCATIONS AND BE THEIR GUEST FOR A FUN FITNESS CLASS OR A WORKOUT. NON-YMCA MEMBERS WILL BE ALLOWED 1 GUEST PASS ONLY. BOTH MEMBERS AND NON-MEMBERS CAN EARN FIT PASS POINTS FOR ATTENDING!

Tuesday September 8

7:30 am
Lap Swimming Various Pools

8:30 am
Power Walk Commander's House

Low Impact Circuit Lions Field Park

9:30 am
Stroller Strides Hardberger Park East

Chair Volleyball Lackland Terrace Park

Boot Camp Stone Oak Park

10:00 am
Low Impact Fitness Commander's House

Folklorico Berta Almaguer Studio

11:00 am
Ballet Exercise Berta Almaguer Studio

11:30 am
Lunch Crunch Travis Park

12:00 pm
Circuit Training Travis Park

1:00 pm
Table Tennis Mission Library

1:30 pm
Low Impact Fitness La Villita

2:00 pm
Low Impact Fitness La Villita

5:30 pm
Circuit Training Bonnie Conner Park

Boot Camp OP Schnabel Park

6:00 pm
Cross Training Garza Park

Circuit Training Enrique Barrera FC

Cross Fit Highland Park

Zumba Arnold Park

Circuit Training La Villita

Tae Bo Copernicus Park

6:15 pm
Rotengo Labor Street Park

6:30 pm
Interval Training Bonnie Conner Park

Social Walking Villa Coronado Park

6:45 pm
Zumba OP Schnabel Park

7:00 pm
Interval Training Highland Park

Interval Training La Villita

7:30 pm
Boot Camp Palm Heights Park

P 90 X Live Nani Falcone Park

8:00 pm
Conditioning La Villita

Wednesday September 9

7:30 am
Lap Swimming Various Pools

8:30 am
Circuit Training Panther Springs Park

Circuit Training Lou Kardon Park

10:00 am
Low-Impact Circuit Lackland Terrace Park

5:30 pm
Family Fitness Frenzy LBJ Park

Circuit Training Labor Street Park

Family Fitness Miller's Pond

6:00 pm
Bailar es vivir Enrique Barrera FC

Cross Training Garza Park

Cardio Kickboxing Walker Ranch Park

Adult Tennis McFarlin Tennis Center

Cyclo-Cross LBJ Park

6:30 pm
Boot Camp LBJ Park

Boot Camp Garza Park

Zumba Jimmy Flores Park

Zumba Cuellar Park

Conditioning Labor Street Park

Interval Training Ward Park

Body Combat Pittman-Sullivan Park

Boot Camp Miller's Pond

Volleyball Conditioning Copernicus Park

7:00 pm
Interval Training Walker Ranch Park

7:15 pm
Zumba Harlandale Park

7:30 pm
CrossFit Ward Park

Youth Sports Cond Cuellar Park

Thursday September 10

7:30 am
Lap Swimming Various Pools

8:30 am
Walk on the River Commander's House

9:30 am
Chair Volleyball Lackland Terrace Park

1:00 pm
Table Tennis Mission Library

5:30 pm
Walking Group Woodlawn Lake Park

Circuit Training Bonnie Conner Park

Boot Camp Southside Lions Park

6:00 pm
Cross Training Garza Park

Tae Bo Copernicus Park

6:30 pm
Circuit Training Woodlawn Lake Park

Interval Training Bonnie Conner Park

6:45 pm
Zumba South Side Lions Park

7:00 pm
Walk It Out Fitness Copernicus Park

7:30 pm
Cross Fit Woodlawn Lake Park

Boot Camp Palm Heights Park

8:00 pm
Hip Hop Dance LBJ Park

Friday September 11

10:00 am
Line Dancing Lackland Terrace Park

Line Dancing Granados Center

11:00 am
Folklorico Granados Center

Tai Chi Pan American Library

6:00 pm
Zumba OP Schnabel Park

Rotengo Jesse James Leija Gym

Saturday September 12

8:00 am
Zumba San Pedro Park

8:30 am
Fitness Walk Leon Creek Greenway

9:00 am
Interval Training Veterans Memorial Park

CrossFit McAllister Park

Zumba McAllister Park

Pickleball LBJ Park

Hip Hop Dance Berta Almaguer Studio

Belly Dance Berta Almaguer Studio

9:30 am
Boot Camp Hardberger Park East

10:00 am
Zumba Rosedale Park

Circuit Training McAllister Park

10:30 am
Chair Yoga Dorie Miller Park

Yoga Hardberger Park East

11:00 am
Zumba Walzem YMCA

Interval Training McAllister Park

Body Pump Rosedale Park

11:30 am
Yoga Dorie Miller

12:00 pm
Body Combat Rosedale Park

12:30 pm
Belly Dance LBJ Park

1:00 pm
Walk It Out Fitness Copernicus Park

Line Dancing Berta Almaguer

Yoga Mission Library

2:00 pm
Cycling Circuit Mission Library

Basketball Conditioning Arnold Park

3:00 pm
Basketball Conditioning Arnold Park

3:30 pm
Table Tennis Mission Library

Sunday September 13

10:00 am
Circuit Training Dignowity Park

Interval Training Hardberger Park West

11:00 am
Circuit Training Hardberger Park West

11:30 am
Family Fitness Frenzy Dignowity Park

12:00 pm
Family Fitness Hardberger Park West

Kickboxing Brackenridge Park

5:00 pm
Basketball Conditioning Hardberger Park West

WEEKLY SCHEDULE

September 2015

Monday September 14

5:15 am
Circuit Training Walker Ranch Park

6:00 am
Interval Training Walker Ranch Park

8:30 am
Circuit Training Panther Springs Park

Circuit Training Stone Oak Park

9:30 am
Modified Tennis Granados Center

Boot Camp Hardberger Park West

10:00 am
Low-Impact Circuit Parman Library

Social Walk Lackland Terrace Park

10:30 am
Pickleball Granados Park

4:00 pm
Martial Arts Encino Library

4:30 pm
Martial Arts Encino Library

5:00 pm
Strength Cuellar Park

5:30 pm
Interval Training Stone Oak Park

Walking Group Woodlawn Lake Park

Family Fitness Enrique Barrera FC

6:00 pm
Conditioning Cuellar Park

Hula LBJ Park

Bailar es vivir Enrique Barrera FC

Circuit Training Collins Garden Park

6:30 pm
Piloxing South Side Lions Park

Self Defense Circuit Stone Oak Park

Boot Camp Garza Park

Boot Camp Harlandale Park

Boot Camp South San Park

Yoga Pan American Library

Basketball Conditioning Copernicus Park

Circuit Training Woodlawn Lake Park

Social Walking Villa Coronado Park

Zumba Cuellar Park

6:45 pm
Zumba Barrera Fitness Center

7:00 pm
Family Yoga Collins Garden Park

7:30 pm
Cross Fit Woodlawn Lake Park

Cross Fit Harlandale Park

Boot Camp Palm Heights Park

Tuesday September 15

7:30 am
Lap Swimming Various Pools

8:30 am
Power Walk Commander's House

Low Impact Circuit Lions Field Park

9:30 am
Stroller Strides Hardberger Park East

Chair Volleyball Lackland Terrace Park

Boot Camp Stone Oak Park

10:00 am
Low Impact Fitness Commander's House

Folklorico Berta Almaguer Studio

11:00 am
Ballet Exercise Berta Almaguer Studio

11:30 am
Lunch Crunch Travis Park

12:00 pm
Circuit Training Travis Park

1:00 pm
Table Tennis Mission Library

1:30 pm
Low Impact Fitness La Villita

2:00 pm
Low Impact Fitness La Villita

5:30 pm
Circuit Training Bonnie Conner Park

Boot Camp OP Schnabel Park

Belly Dance Lions Field

6:00 pm
Cross Training Garza Park

Circuit Training Enrique Barrera FC

Cross Fit Highland Park

Zumba Arnold Park

Tae Bo Copernicus Park

6:15 pm
Rotengo Labor Street Park

6:30 pm
Interval Training Bonnie Conner Park

Social Walking Villa Coronado Park

6:45 pm
Zumba OP Schnabel Park

7:00 pm
Interval Training Highland Park

7:30 pm
Boot Camp Palm Heights Park

P 90 X Live Nani Falcone Park

Wednesday September 16

7:30 am
Lap Swimming Various Pools

8:30 am
Circuit Training Lou Kardon Park

Circuit Training Panther Springs Park

10:00 am
Low-Impact Circuit Lackland Terrace Park

5:30 pm
Family Fitness Frenzy LBJ Park

Circuit Training Labor Street Park

Family Fitness Miller's Pond

6:00 pm
Bailar es vivir Enrique Barrera FC

Cross Training Garza Park

Cardio Kickboxing Walker Ranch Park

Adult Tennis McFarlin Tennis Center

Cyclo-Cross LBJ Park

6:30 pm
Boot Camp LBJ Park

Boot Camp Garza Park

Zumba Jimmy Flores Park

Zumba Cuellar Park

Interval Training Ward Park

Conditioning Labor Street Park

Body Combat Pittman-Sullivan Park

Volleyball Conditioning Copernicus Park

Boot Camp Miller's Pond

7:00 pm
Interval Training Walker Ranch Park

7:15 pm
Zumba Harlandale Park

7:30 pm
Cross Fit Ward Park

Youth Sports Cond Cuellar Park

Thursday September 17

7:30 am
Lap Swimming Various Pools

8:30 am
Walk on the River Commander's House

9:30 am
Chair Volleyball Lackland Terrace Park

1:00 pm
Table Tennis Mission Library

5:30 pm
Circuit Training Bonnie Conner Park

Walking Group Woodlawn Lake Park

Boot Camp Southside Lions Park

6:00 pm
Cross Training Garza Park

6:30 pm
Circuit Training Woodlawn Lake Park

Interval Training Bonnie Conner Park

6:45 pm
Zumba South Side Lions Park

7:00 pm
Walk It Out Fitness Copernicus Park

7:30 pm
Cross Fit Woodlawn Lake Park

Boot Camp Palm Heights Park

8:00 pm
Hip Hop Dance LBJ Park

Friday September 18

10:00 am
Line Dancing Lackland Terrace Park

Line Dancing Granados Center

11:00 am
Folklorico Granados Center

Tai Chi Pan American Library

6:00 pm
Zumba OP Schnabel Park

Rotengo Jesse James Leija Gym

Saturday September 19

8:00 am
Zumba San Pedro Park

8:30 am
Fitness Walk Leon Creek Greenway

9:00 am
Interval Training Veterans Memorial Park

Pickleball LBJ Park

Zumba McAllister Park

Hip Hop Dance Berta Almaguer Studio

Cross Fit McAllister Park

Belly Dance Berta Almaguer Studio

10:00 am
Zumba Rosedale Park

Circuit Training McAllister Park

10:30 am
Chair Yoga Dorie Miller Park

11:00 am
Zumba Walzem YMCA

Body Pump Rosedale Park

Interval Training McAllister Park

11:30 am
Yoga Dorie Miller

12:00 pm
Body Combat Rosedale Park

12:30 pm
Belly Dance LBJ Park

1:00 pm
Walk It Out Fitness Copernicus Park

Line Dancing Berta Almaguer

2:00 pm
Basketball Conditioning Arnold Park

3:00 pm
Basketball Conditioning Arnold Park

3:30 pm
Table Tennis Mission Library

Sunday September 20

10:00 am
Circuit Training Collins Garden Park

Interval Training Hardberger Park West

11:00 am
Circuit Training Hardberger Park West

11:30 am
Family Fitness Frenzy Collins Garden Park

12:00 pm
Family Fitness Hardberger Park West

5:00 pm
Basketball Conditioning Hardberger Park West

WEEKLY SCHEDULE

September 2015

Monday September 21

5:15 am
Circuit Training Walker Ranch Park

6:00 am
Interval Training Walker Ranch Park

8:30 am
Circuit Training Panther Springs Park

Circuit Training Stone Oak Park

9:30 am
Modified Tennis Granados Center

Boot Camp Hardberger Park West

10:00 am
Low-Impact Circuit Parman Library

Social Walk Lackland Terrace Park

10:30 am
Pickleball Granados Park

4:00 pm
Martial Arts Encino Library

4:30 pm
Martial Arts Encino Library

5:00 pm
Strength Cuellar Park

5:30 pm
Interval Training Stone Oak Park

Walking Group Woodlawn Lake Park

Family Fitness Enrique Barrera FC

6:00 pm
Conditioning Cuellar Park

Hula LBJ Park

Bailar es vivir Enrique Barrera FC

Circuit Training Collins Garden Park

6:30 pm
Piloxing South Side Lions Park

Self Defense Circuit Stone Oak Park

Boot Camp Garza Park

Boot Camp Harlandale Park

Boot Camp South San Park

Yoga Pan American Library

Circuit Training Woodlawn Lake Park

Zumba Cuellar Park

Basketball Conditioning Copernicus Park

Social Walking Villa Coronado Park

6:45 pm
Zumba Barrera Fitness Center

7:00 pm
Family Yoga Collins Garden Park

7:30 pm
Cross Fit Woodlawn Lake Park

Cross Fit Harlandale Park

Boot Camp Palm Heights Park

Tuesday September 22

7:30 am
Lap Swimming Various Pools

8:30 am
Power Walk Commander's House

Low Impact Circuit Lions Field Park

9:30 am
Stroller Strides Hardberger Park East

Chair Volleyball Lackland Terrace Park

Boot Camp Stone Oak Park

10:00 am
Low Impact Fitness Commander's House

Folklorico Berta Almaguer Studio

11:00 am
Ballet Exercise Berta Almaguer Studio

11:30 am
Lunch Crunch Travis Park

12:00 pm
Circuit Training Travis Park

1:00 pm
Table Tennis Mission Library

1:30 pm
Low Impact Fitness La Villita

2:00 pm
Low Impact Fitness La Villita

5:30 pm
Circuit Training Bonnie Conner Park

Boot Camp OP Schnabel Park

Belly Dance Lions Field

6:00 pm
Cross Training Garza Park

Cross Fit Highland Park

Circuit Training Enrique Barrera FC

Zumba Arnold Park

Circuit Training La Villita

Tae Bo Copernicus Park

6:15 pm
Rotengo Labor Street Park

6:30 pm
Interval Training Bonnie Conner Park

Social Walking Villa Coronado Park

6:45 pm
Zumba OP Schnabel Park

7:00 pm
Interval Training Highland Park

Interval Training La Villita

7:30 pm
Boot Camp Palm Heights Park

P 90 X Live Nani Falcone Park

8:00 pm
Conditioning La Villita

Wednesday September 23

7:30 am
Lap Swimming Various Pools

8:30 am
Circuit Training Panther Springs Park

Circuit Training Lou Kardon Park

10:00 am
Low Impact Circuit Lackland Terrace Park

5:30 pm
Family Fitness Frenzy LBJ Park

Family Fitness Miller's Pond

6:00 pm
Bailar es vivir Enrique Barrera FC

Cross Training Garza Park

Cardio Kickboxing Walker Ranch Park

Adult Tennis McFarlin Tennis Center

Cyclo-Cross LBJ Park

6:30 pm
Boot Camp Garza Park

Zumba Jimmy Flores Park

Zumba Cuellar Park

Boot Camp LBJ Park

Interval Training Ward Park

Body Combat Pittman-Sullivan Park

Volleyball Conditioning Copernicus Park

Boot Camp Miller's Pond

7:00 pm
Interval Training Walker Ranch Park

7:15 pm
Zumba Harlandale Park

7:30 pm
Youth Sports Cond Cuellar Park

Cross Fit Ward Park

Thursday September 24

7:30 am
Lap Swimming Various Pools

8:30 am
Walk on the River Commander's House

9:30 am
Chair Volleyball Lackland Terrace Park

1:00 pm
Table Tennis Mission Library

5:30 pm
Walking Group Woodlawn Lake Park

Circuit Training Bonnie Conner Park

Boot Camp Southside Lions Park

6:00 pm
Cross Training Garza Park

Tae Bo Copernicus Park

6:30 pm
Circuit Training Woodlawn Lake Park

Interval Training Bonnie Conner Park

6:45 pm
Zumba South Side Lions Park

7:00 pm
Walk It Out Fitness Copernicus Park

7:30 pm
Cross Fit Woodlawn Lake Park

Boot Camp Palm Heights Park

8:00 pm
Hip Hop Dance LBJ Park

Friday September 25

10:00 am
Line Dancing Lackland Terrace Park

Line Dancing Granados Center

11:00 am
Tai Chi Pan American Library

Folklorico Granados Center

6:00 pm
Zumba OP Schnabel Park

Rotengo Jesse James Leija Gym

Saturday September 26

8:00 am
Zumba San Pedro Park

8:30 am
Community Walk Pittman-Sullivan Park

Fitness Walk Leon Creek Greenway

9:00 am
Pickleball LBJ Park

Zumba McAllister Park

Hip Hop Dance Berta Almaguer Studio

Belly Dance Berta Almaguer Studio

Cross Fit McAllister Park

Interval Training Veterans Memorial Park

9:30 am
Boot Camp Hardberger Park East

10:00 am
Zumba Rosedale Park

Circuit Training McAllister Park

10:30 am
Yoga Hardberger Park East

Chair Yoga Dorie Miller Park

11:00 am
Zumba Walzem YMCA

Body Pump Rosedale Park

Interval Training McAllister Park

11:30 am
Yoga Dorie Miller

12:00 pm
Body Combat Rosedale Park

12:30 pm
Belly Dance LBJ Park

1:00 pm
Walk It Out Fitness Copernicus Park

Line Dancing Berta Almaguer

Yoga Mission Library

2:00 pm
Cycling Circuit Mission Library

Basketball Conditioning Arnold Park

3:00 pm
Basketball Conditioning Arnold Park

3:30 pm
Table Tennis Mission Library

Sunday September 27

10:00 am
Circuit Training Dignowity Park

Interval Training Hardberger Park West

11:00 am
Circuit Training Hardberger Park West

11:30 am
Family Fitness Frenzy Dignowity Park

12:00 pm
Family Fitness Hardberger Park West

5:00 pm
Basketball Conditioning Hardberger Park West

WEEKLY SCHEDULE

September-October 2015

Monday September 28

5:15 am
Circuit Training Walker Ranch Park

6:00 am
Interval Training Walker Ranch Park

8:30 am
Circuit Training Panther Springs Park

Circuit Training Stone Oak Park

9:30 am
Modified Tennis Granados Center

Boot Camp Hardberger Park West

10:00 am
Low-Impact Circuit Parman Library

Social Walk Lackland Terrace Park

10:30 am
Pickleball Granados Park

4:00 pm
Martial Arts Encino Library

4:30 pm
Martial Arts Encino Library

5:30 pm
Interval Training Stone Oak Park

Walking Group Woodlawn Lake Park

Family Fitness Enrique Barrera FC

6:00 pm
Hula LBJ Park

Bailar es vivir Enrique Barrera FC

Circuit Training Collins Garden Park

6:30 pm
Piloxing South Side Lions Park

Self Defense Circuit Stone Oak Park

Boot Camp Garza Park

Boot Camp Harlandale Park

Boot Camp South San Park

Yoga Pan American Library

Circuit Training Woodlawn Lake Park

Zumba Cuellar Park

Basketball Conditioning Copernicus Park

Social Walking Villa Coronado Park

6:45 pm
Zumba Barrera Fitness Center

7:00 pm
Family Yoga Collins Garden Park

7:30 pm
Cross Fit Woodlawn Lake Park

Cross Fit Harlandale Park

Boot Camp Palm Heights Park

Tuesday September 29

8:30 am
Power Walk Commander's House

Low Impact Circuit Lions Field

9:30 am
Stroller Strides Hardberger Park East

Chair Volleyball Lackland Terrace Park

Boot Camp Stone Oak Park

10:00 am
Folklorico Berta Almaguer Studio

Low Impact Fitness Commander's House

11:00 am
Ballet Exercise Berta Almaguer Studio

11:30 am
Lunch Crunch Travis Park

12:00 pm
Circuit Training Travis Park

1:00 pm
Table Tennis Mission Library

1:30 pm
Low Impact Circuit La Villita

2:00 pm
Low Impact Circuit La Villita

5:30 pm
Boot Camp OP Schnabel Park

Belly Dance Lions Field

6:00 pm
Cross Training Garza Park

Circuit Training Enrique Barrera FC

Cross Fit Highland Park

Zumba Arnold Park

6:15 pm
Rotengo Labor Street Park

6:30 pm
Social Walking Villa Coronado Park

6:45 pm
Zumba OP Schnabel Park

7:00 pm
Interval Training Highland Park

7:30 pm
Boot Camp Palm Heights Park

P 90 X Live Nani Falcone Park

Wednesday September 30

8:30 am
Circuit Training Lou Kardon Park

Circuit Training Panther Springs Park

10:00 am
Low-Impact Circuit Lackland Terrace Park

5:30 pm
Family Fitness Frenzy LBJ Park

Circuit Training Labor Street Park

Family Fitness Miller's Pond

6:00 pm
Bailar es vivir Enrique Barrera FC

Cross Training Garza Park

Cardio Kickboxing Walker Ranch Park

Adult Tennis McFarlin Tennis Center

Cyclo-Cross LBJ Park

6:30 pm
Boot Camp LBJ Park

Boot Camp Garza Park

Zumba Jimmy Flores Park

Zumba Cuellar Park

Interval Training Ward Park

Conditioning Labor Street Park

Body Combat Pittman-Sullivan Park

Volleyball Conditioning Copernicus Park

Boot Camp Miller's Pond

7:00 pm
Interval Training Walker Ranch Park

7:15 pm
Zumba Harlandale Park

7:30 pm
Cross Fit Ward Park

Youth Sports Cond Cuellar Park

Thursday October 1

8:30 am
Walk on the River Commander's House

9:30 am
Chair Volleyball Lackland Terrace Park

1:00 pm
Table Tennis Mission Library

5:30 pm
Circuit Training Bonnie Conner Park

Walking Group Woodlawn Lake Park

Boot Camp Southside Lions Park

6:00 pm
Cross Training Garza Park

6:30 pm
Circuit Training Woodlawn Lake Park

Interval Training Bonnie Conner Park

6:45 pm
Zumba South Side Lions Park

7:00 pm
Walk It Out Fitness Copernicus Park

7:30 pm
Cross Fit Woodlawn Lake Park

Boot Camp Palm Heights Park

8:00 pm
Hip Hop Dance LBJ Park

Friday October 2

10:00 am
Line Dancing Lackland Terrace Park

Line Dancing Granados Center

11:00 am
Folklorico Granados Center

Tai Chi Pan American Library

6:00 pm
Zumba OP Schnabel Park

Rotengo Jesse James Leija Gym

Saturday October 3

8:00 am
Zumba San Pedro Park

8:30 am
Fitness Walk Leon Creek Greenway

9:00 am
Pickleball LBJ Park

Zumba McAllister Park

Hip Hop Dance Berta Almaguer Studio

Belly Dance Berta Almaguer Studio

Cross Fit McAllister Park

Interval Training Veterans Memorial Park

9:30 am
Boot Camp Hardberger Park East

10:00 am
Zumba Rosedale Park

Circuit Training McAllister Park

10:30 am
Yoga Hardberger Park East

Chair Yoga Dorie Miller Park

11:00 am
Zumba Walzem YMCA

Body Pump Rosedale Park

Interval Training McAllister Park

11:30 am
Yoga Dorie Miller

12:00 pm
Body Combat Rosedale Park

12:30 pm
Belly Dance LBJ Park

1:00 pm
Walk It Out Fitness Copernicus Park

Line Dancing Berta Almaguer

Yoga Mission Library

2:00 pm
Cycling Circuit Mission Library

Basketball Conditioning Arnold Park

3:00 pm
Basketball Conditioning Arnold Park

3:30 pm
Table Tennis Mission Library

Sunday October 4

10:00 am
Interval Training Hardberger Park West

11:00 am
Circuit Training Hardberger Park West

12:00 pm
Family Fitness Hardberger Park West

5:00 pm
Basketball Conditioning Hardberger Park West