



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.



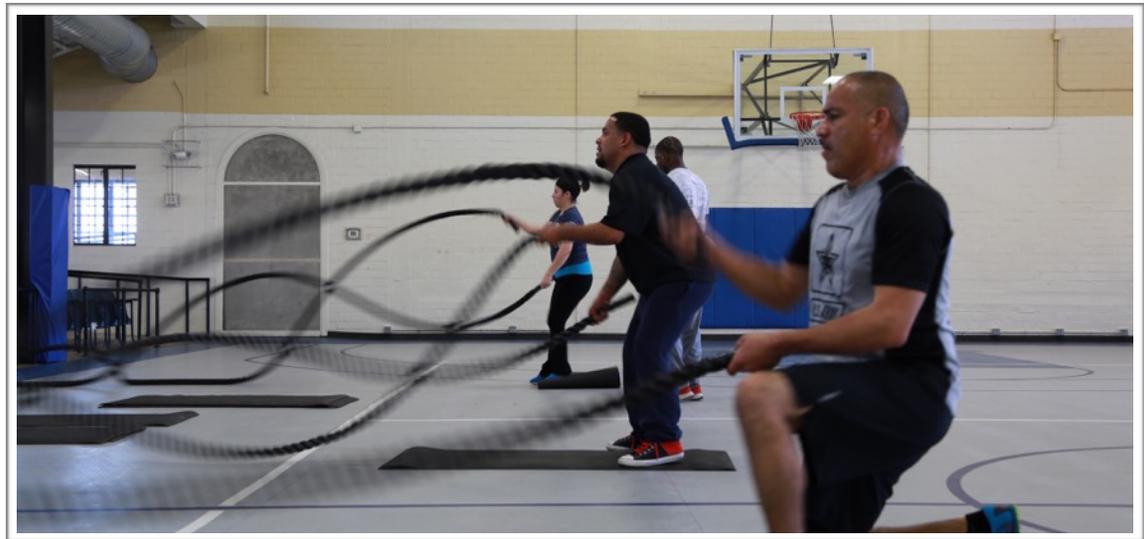
@SAParksFitness
San Antonio Parks and Recreation Fitness



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	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

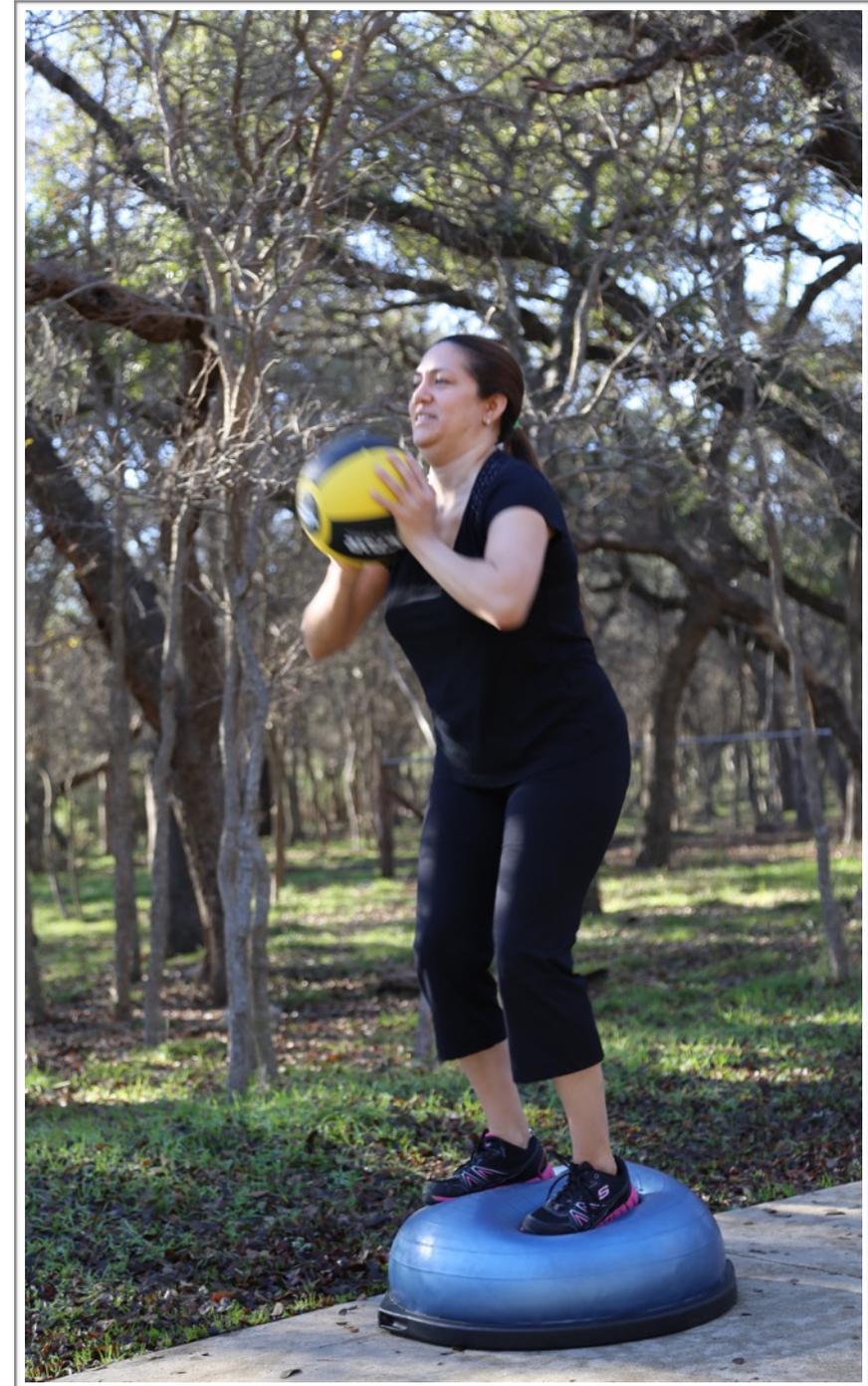
Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing,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





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

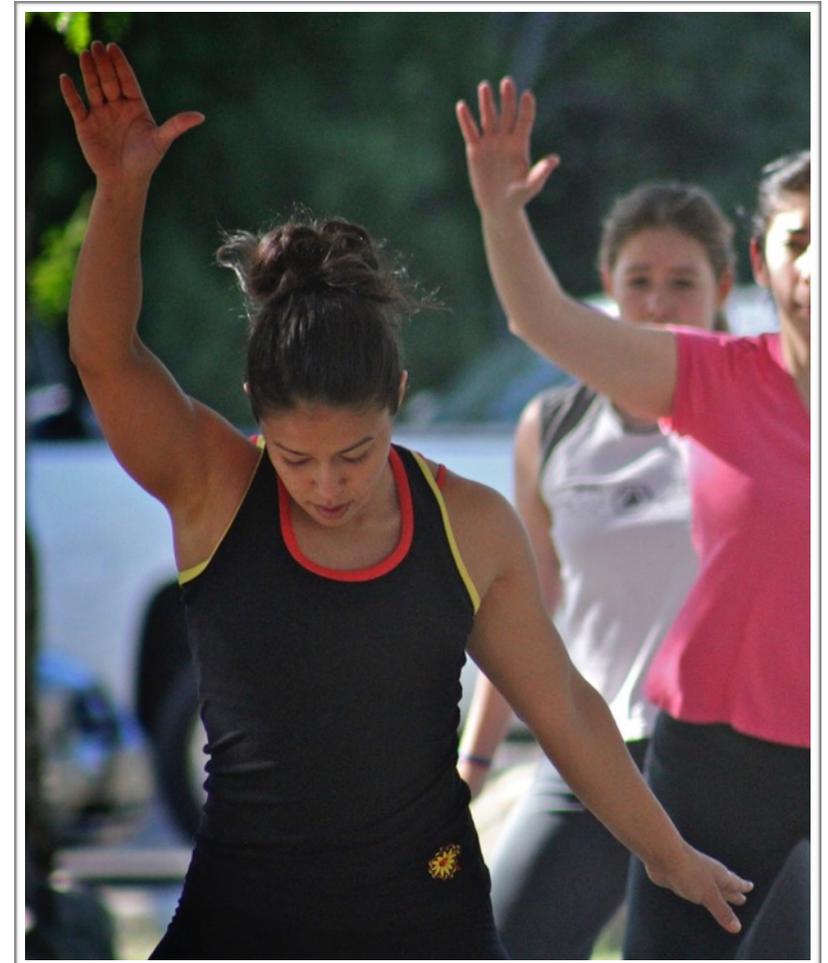
Cycling is a great workout for the whole family. With less impact on the joints than running, cycling can provide a peaceful day with lots of scenic views. Try Cycling Circuit, a unique fitness class that blends bicycling with elements of traditional circuit training. This is a 'bring your own' bike 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	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
Kickboxing	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 <i>*Limit of 30 participants per session</i> *No class September 7
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:30 pm	Inside the library conference room <i>*Limit of 30 participants per session</i> *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



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



FITPASS 2015

A PASSPORT TO A HEALTHIER YOU.

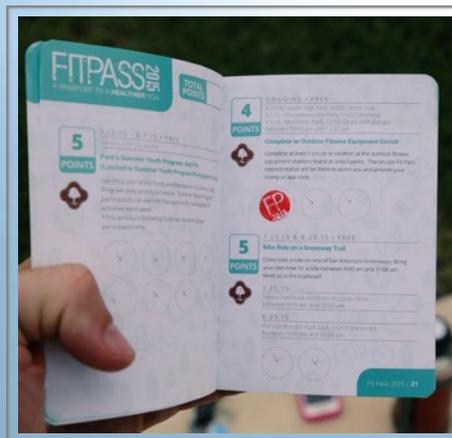
FITNESS IN THE PARK SPOTLIGHT SEPTEMBER 2015

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 Sicloviva. 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!



Monday August 31	Tuesday September 1	Wednesday September 2	Thursday September 3	Friday September 4	Saturday September 5	Sunday September 6
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Collins Garden Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Fitness Walk Leon Creek Greenway	Interval Training Hardberger Park West
Circuit Training Stone Oak Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Folklorico Granados Center	9:00 am Interval Training Veterans Memorial Park	Circuit Training Hardberger Park West
9:30 am Modified Tennis Granados Center	Chair Volleyball Lackland Terrace Park	10:00 am Low Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Tai Chi Pan American Library	CrossFit McAllister Park	11:30 am Family Fitness Frenzy Collins Garden Park
Boot Camp Hardberger Park West	Youth Tennis McFarlin Tennis Center	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Zumba McAllister Park	12:00 pm Family Fitness Hardberger Park West
10:00 am Low Impact Circuit Parman Library	Boot Camp Stone Oak Park	Circuit Training Labor Street Park	5:30 pm Walking Group Woodlawn Lake Park	Rotengo Jesse James Leija Gym	Pickleball LBJ Park	
Social Walk Lackland Terrace Park	10:00 am Folklorico Berta Almaguer Studio	Family Fitness Miller's Pond	6:00 pm Boot Camp Southside Lions Park		Hip Hop Dance Berta Almaguer Studio	5:00 pm Basketball Conditioning Hardberger Park West
10:30 am Pickleball Granados Park	Low Impact Fitness Commander's House	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park		CrossFit Olmos Basin Park	
4:00 pm Martial Arts Encino Library	11:00 am Ballet Exercise Berta Almaguer Studio	Cross Training Garza Park	Cardio Kickboxing Walker Ranch Park	6:30 pm Circuit Training Woodlawn Lake Park	9:30 am Boot Camp Hardberger Park East	
4:30 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park	Stroller Strides Hardberger Park East	
5:00 pm Strength Cuellar Park	12:00 pm Circuit Training Travis Park	Cyclo-Cross LBJ Park	6:45 pm Zumba South Side Lions Park	6:45 pm Zumba South Side Lions Park	10:00 am Zumba Rosedale Park	
5:30 pm Interval Training Stone Oak Park	1:00 pm Table Tennis Mission Library	6:30 pm Boot Camp LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park	7:00 pm Walk It Out Fitness Copernicus Park	Circuit Training McAllister Park	
Walking Group Woodlawn Lake Park	1:30 pm Low Impact Circuit La Villita	Boot Camp Garza Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	10:30 am Chair Yoga Dorie Miller Park	
Family Fitness Enrique Barrera FC	2:00 pm Low Impact Circuit La Villita	Zumba Jimmy Flores Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Yoga Hardberger Park East	
6:00 pm Conditioning Cuellar Park	5:30 pm Circuit Training Bonnie Conner Park	Zumba Cuellar Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Zumba Walzem YMCA	
Hula LBJ Park	6:00 pm Cross Training Garza Park	Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Interval Training McAllister Park	
Bailar es vivir Enrique Barrera FC	Circuit Training Enrique Barrera FC	Conditioning Labor Street Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Body Pump Rosedale Park	
Circuit Training Collins Garden Park	Cross Fit Highland Park	Body Combat Pittman-Sullivan Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Yoga Dorie Miller	
6:30 pm Piloxing South Side Lions Park	Zumba Arnold Park	Boot Camp Miller's Pond	8:00 pm Hip Hop Dance LBJ Park	8:00 pm Hip Hop Dance LBJ Park	11:30 am Yoga Dorie Miller	
Self Defense Circuit Stone Oak Park	Tae Bo Copernicus Park	Volleyball Conditioning Copernicus Park			12:30 pm Belly Dance LBJ Park	
Boot Camp Garza Park	Rotengo Labor Street Park	7:00 pm Interval Training Walker Ranch Park			12:00 pm Body Combat Rosedale Park	
Boot Camp Harlandale Park	Interval Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp South San Park	Interval Training Highland Park	7:30 pm Cross Fit Ward Park			Line Dancing Berta Almaguer	
Yoga Pan American Library	7:00 pm Interval Training Highland Park	Youth Sports Cond Cuellar Park			Yoga Mission Library	
Circuit Training Woodlawn Lake Park	7:30 pm Boot Camp Palm Heights Park				2:00 pm Cycling Circuit Mission Library	
Basketball Conditioning Copernicus Park	P 90 X Live Nani Falcone Park				Basketball Conditioning Arnold Park	
Zumba Cuellar Park					Basketball Conditioning Arnold Park	
6:45 pm Zumba Barrera Fitness Center					3:00 pm Basketball Conditioning Arnold Park	
7:00 pm Family Yoga Collins Garden Park					3:30 pm Table Tennis Mission Library	
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday September 7	Tuesday September 8	Wednesday September 9	Thursday September 10	Friday September 11	Saturday September 12	Sunday September 13
<p>HOLIDAY BUSTER</p> <p>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!</p>	<p>7:30 am Lap Swimming Various Pools</p>	<p>7:30 am Lap Swimming Various Pools</p>	<p>7:30 am Lap Swimming Various Pools</p>	<p>10:00 am Line Dancing Lackland Terrace Park</p>	<p>8:00 am Zumba San Pedro Park</p>	<p>10:00 am Circuit Training Dignowity Park</p>
	<p>8:30 am Power Walk Commander's House</p>	<p>8:30 am Circuit Training Panther Springs Park</p>	<p>8:30 am Walk on the River Commander's House</p>	<p>8:30 am Line Dancing Granados Center</p>	<p>8:30 am Fitness Walk Leon Creek Greenway</p>	<p>Interval Training Hardberger Park West</p>
	<p>9:30 am Stroller Strides Hardberger Park East</p>	<p>10:00 am Low Impact Circuit Lackland Terrace Park</p>	<p>9:30 am Chair Volleyball Lackland Terrace Park</p>	<p>11:00 am Folklorico Granados Center</p>	<p>9:00 am Interval Training Veterans Memorial Park</p>	<p>11:00 am Circuit Training Hardberger Park West</p>
	<p>10:00 am Low Impact Fitness Commander's House</p>	<p>5:30 pm Family Fitness Frenzy LBJ Park</p>	<p>10:00 am Table Tennis Mission Library</p>	<p>6:00 pm Zumba OP Schnabel Park</p>	<p>11:00 am Tai Chi Pan American Library</p>	<p>11:30 am Family Fitness Frenzy Dignowity Park</p>
	<p>11:00 am Ballet Exercise Berta Almaguer Studio</p>	<p>6:00 pm Bailar es vivir Enrique Barrera FC</p>	<p>1:00 pm Table Tennis Mission Library</p>	<p>6:00 pm Cross Training Garza Park</p>	<p>11:00 am Rotengo Jesse James Leija Gym</p>	<p>12:00 pm Family Fitness Hardberger Park West</p>
	<p>11:30 am Lunch Crunch Travis Park</p>	<p>6:30 pm Boot Camp LBJ Park</p>	<p>5:30 pm Walking Group Woodlawn Lake Park</p>	<p>6:45 pm Zumba South Side Lions Park</p>	<p>9:30 am Boot Camp Hardberger Park East</p>	<p>5:00 pm Basketball Conditioning Hardberger Park West</p>
	<p>12:00 pm Circuit Training Travis Park</p>	<p>7:00 pm Interval Training Highland Park</p>	<p>6:00 pm Circuit Training Bonnie Conner Park</p>	<p>7:00 pm Walk It Out Fitness Copernicus Park</p>	<p>10:00 am Zumba Rosedale Park</p>	
	<p>1:00 pm Table Tennis Mission Library</p>	<p>7:15 pm Zumba Harlandale Park</p>	<p>6:30 pm Boot Camp Garza Park</p>	<p>7:30 pm Cross Fit Woodlawn Lake Park</p>	<p>10:30 am Chair Yoga Dorie Miller Park</p>	
	<p>1:30 pm Low Impact Fitness La Villita</p>	<p>7:30 pm Boot Camp Palm Heights Park</p>	<p>7:00 pm Interval Training Walker Ranch Park</p>	<p>8:00 pm Hip Hop Dance LBJ Park</p>	<p>11:00 am Zumba Walzem YMCA</p>	
	<p>2:00 pm Low Impact Fitness La Villita</p>	<p>8:00 pm Conditioning La Villita</p>	<p>7:30 pm CrossFit Ward Park</p>		<p>11:30 am Yoga Dorie Miller</p>	
	<p>5:30 pm Circuit Training Bonnie Conner Park</p>		<p>8:00 pm Youth Sports Cond Cuellar Park</p>		<p>12:00 pm Body Combat Rosedale Park</p>	
	<p>6:00 pm Cross Training Garza Park</p>				<p>12:30 pm Belly Dance LBJ Park</p>	
	<p>6:00 pm Circuit Training Enrique Barrera FC</p>				<p>1:00 pm Walk It Out Fitness Copernicus Park</p>	
	<p>6:15 pm Rotengo Labor Street Park</p>				<p>Line Dancing Berta Almaguer</p>	
	<p>6:30 pm Interval Training Bonnie Conner Park</p>				<p>Yoga Mission Library</p>	
	<p>6:30 pm Social Walking Villa Coronado Park</p>				<p>2:00 pm Cycling Circuit Mission Library</p>	
	<p>7:00 pm Interval Training Highland Park</p>				<p>Basketball Conditioning Arnold Park</p>	
	<p>7:00 pm Interval Training La Villita</p>				<p>3:00 pm Basketball Conditioning Arnold Park</p>	
	<p>7:30 pm Boot Camp Palm Heights Park</p>				<p>3:30 pm Table Tennis Mission Library</p>	
	<p>7:30 pm P 90 X Live Nani Falcone Park</p>					

Monday September 14	Tuesday September 15	Wednesday September 16	Thursday September 17	Friday September 18	Saturday September 19	Sunday September 20
5:15 am Circuit Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Collins Garden Park
6:00 am Interval Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Fitness Walk Leon Creek Greenway	Interval Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Folklorico Granados Center	9:00 am Interval Training Veterans Memorial Park	11:00 am Circuit Training Hardberger Park West
Circuit Training Stone Oak Park	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Tai Chi Pan American Library	Pickleball LBJ Park	11:30 am Family Fitness Frenzy Collins Garden Park
9:30 am Modified Tennis Granados Center	Boot Camp Stone Oak Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Zumba McAllister Park	12:00 pm Family Fitness Hardberger Park West
10:00 am Low-Impact Circuit Parman Library	10:00 am Low Impact Fitness Commander's House	Circuit Training Labor Street Park	6:00 pm Walking Group Woodlawn Lake Park	Rotengo Jesse James Leija Gym	Hip Hop Dance Berta Almaguer Studio	5:00 pm Basketball Conditioning Hardberger Park West
10:30 am Social Walk Lackland Terrace Park	11:00 am Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Boot Camp Southside Lions Park	6:00 pm Zumba OP Schnabel Park	Cross Fit McAllister Park	
4:00 pm Pickleball Granados Park	11:30 am Ballet Exercise Berta Almaguer Studio	6:30 pm Cardio Kickboxing Walker Ranch Park	6:30 pm Cross Training Garza Park	6:30 pm Circuit Training Woodlawn Lake Park	Belly Dance Berta Almaguer Studio	
4:30 pm Martial Arts Encino Library	12:00 pm Lunch Crunch Travis Park	6:30 pm Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Garza Park	6:45 pm Interval Training Bonnie Conner Park	10:00 am Zumba Rosedale Park	
5:00 pm Martial Arts Encino Library	1:00 pm Circuit Training Travis Park	Cyclo-Cross LBJ Park	6:45 pm Cross Training Garza Park	7:00 pm Circuit Training Woodlawn Lake Park	Circuit Training McAllister Park	
5:30 pm Strength Cuellar Park	1:30 pm Table Tennis Mission Library	6:30 pm Boot Camp LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park	7:00 pm Interval Training Bonnie Conner Park	10:30 am Chair Yoga Dorie Miller Park	
5:30 pm Interval Training Stone Oak Park	2:00 pm Low Impact Fitness La Villita	6:30 pm Boot Camp Garza Park	7:00 pm Zumba South Side Lions Park	7:00 pm Zumba Walzem YMCA	11:00 am Body Pump Rosedale Park	
6:00 pm Walking Group Woodlawn Lake Park	5:30 pm Low Impact Fitness La Villita	6:30 pm Zumba Jimmy Flores Park	7:30 pm Zumba Cuellar Park	11:30 am Interval Training McAllister Park	11:30 am Yoga Dorie Miller	
6:00 pm Family Fitness Enrique Barrera FC	6:00 pm Circuit Training Bonnie Conner Park	6:30 pm Zumba Arnold Park	7:30 pm Walk It Out Fitness Copernicus Park	12:00 pm Body Combat Rosedale Park	12:30 pm Belly Dance LBJ Park	
6:30 pm Hula LBJ Park	6:00 pm Belly Dance Lions Field	6:30 pm Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park	1:00 pm Body Combat Rosedale Park	12:30 pm Belly Dance LBJ Park	
6:30 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	6:30 pm Conditioning Labor Street Park	7:30 pm Boot Camp Palm Heights Park	1:00 pm Walk It Out Fitness Copernicus Park	1:00 pm Line Dancing Berta Almaguer	
6:30 pm Circuit Training Collins Garden Park	6:30 pm Circuit Training Enrique Barrera FC	6:30 pm Body Combat Pittman-Sullivan Park	8:00 pm Hip Hop Dance LBJ Park	1:00 pm Walk It Out Fitness Copernicus Park	2:00 pm Basketball Conditioning Arnold Park	
6:30 pm Piloxing South Side Lions Park	6:15 pm Rotengo Labor Street Park	6:30 pm Volleyball Conditioning Copernicus Park		2:00 pm Line Dancing Berta Almaguer	3:00 pm Basketball Conditioning Arnold Park	
6:30 pm Self Defense Circuit Stone Oak Park	6:30 pm Interval Training Bonnie Conner Park	6:30 pm Boot Camp Miller's Pond		2:00 pm Basketball Conditioning Arnold Park	3:30 pm Table Tennis Mission Library	
6:30 pm Boot Camp Garza Park	6:30 pm Social Walking Villa Coronado Park	7:00 pm Interval Training Walker Ranch Park				
6:30 pm Boot Camp Harlandale Park	7:00 pm Interval Training Highland Park	7:00 pm Interval Training Walker Ranch Park				
6:30 pm Boot Camp South San Park	7:30 pm Interval Training Highland Park	7:15 pm Zumba Harlandale Park				
6:30 pm Yoga Pan American Library	7:30 pm Boot Camp Palm Heights Park	7:30 pm Zumba Harlandale Park				
6:45 pm Basketball Conditioning Copernicus Park	7:30 pm P 90 X Live Nani Falcone Park	7:30 pm Cross Fit Ward Park				
7:00 pm Circuit Training Woodlawn Lake Park		7:30 pm Youth Sports Cond Cuellar Park				
7:00 pm Social Walking Villa Coronado Park						
7:00 pm Zumba Cuellar Park						
7:00 pm Zumba Barrera Fitness Center						
7:30 pm Family Yoga Collins Garden Park						
7:30 pm Cross Fit Woodlawn Lake Park						
7:30 pm Cross Fit Harlandale Park						
7:30 pm Boot Camp Palm Heights Park						

Monday September 21	Tuesday September 22	Wednesday September 23	Thursday September 24	Friday September 25	Saturday September 26	Sunday September 27
5:15 am Circuit Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Dignowity Park
6:00 am Interval Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Community Walk Pittman-Sullivan Park	Interval 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	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Tai Chi Pan American Library	Fitness Walk Leon Creek Greenway	11:00 am Circuit Training Hardberger Park West
Circuit Training Stone Oak Park	Chair Volleyball Lackland Terrace Park	10:00 am Low Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Folklorico Granados Center	9:00 am Pickleball LBJ Park	11:30 am Family Fitness Frenzy Dignowity Park
9:30 am Modified Tennis Granados Center	Boot Camp Stone Oak Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Zumba McAllister Park	12:00 pm Family Fitness Hardberger Park West
Boot Camp Hardberger Park West	Low Impact Circuit Parman Library	Family Fitness Miller's Pond	Circuit Training Bonnie Conner Park	Rotengo Jesse James Leija Gym	Hip Hop Dance Berta Almaguer Studio	5:00 pm Basketball Conditioning Hardberger Park West
10:00 am Low Impact Circuit Parman Library	10:00 am Low Impact Fitness Commander's House	6:00 pm Bailar es vivir Enrique Barrera FC	Boot Camp Southside Lions Park	6:00 pm Cross Training Garza Park	Belly Dance Berta Almaguer Studio	
Social Walk Lackland Terrace Park	Folklorico Berta Almaguer Studio	Cross Training Garza Park	6:00 pm Circuit Training Garza Park	Cardio Kickboxing Walker Ranch Park	Cross Fit McAllister Park	
10:30 am Pickleball Granados Park	11:00 am Ballet Exercise Berta Almaguer Studio	Adult Tennis McFarlin Tennis Center	Tae Bo Copernicus Park	6:30 pm Circuit Training Woodlawn Lake Park	Interval Training Veterans Memorial Park	
4:00 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park	Cyclo-Cross LBJ Park	6:30 pm Circuit Training Woodlawn Lake Park	Interval Training Bonnie Conner Park	9:30 am Boot Camp Hardberger Park East	
4:30 pm Martial Arts Encino Library	12:00 pm Circuit Training Travis Park	6:30 pm Boot Camp Garza Park	6:45 pm Zumba South Side Lions Park	Zumba Jimmy Flores Park	10:00 am Zumba Rosedale Park	
5:00 pm Strength Cuellar Park	1:00 pm Table Tennis Mission Library	Zumba Cuellar Park	7:00 pm Walk It Out Fitness Copernicus Park	Boot Camp LBJ Park	Circuit Training McAllister Park	
5:30 pm Interval Training Stone Oak Park	1:30 pm Low Impact Fitness La Villita	Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park	Zumba Jimmy Flores Park	Yoga Hardberger Park East	
Walking Group Woodlawn Lake Park	2:00 pm Low Impact Fitness La Villita	Body Combat Pittman-Sullivan Park	7:30 pm Cross Fit Woodlawn Lake Park	Boot Camp LBJ Park	Chair Yoga Dorie Miller Park	
Family Fitness Enrique Barrera FC	5:30 pm Circuit Training Bonnie Conner Park	Volleyball Conditioning Copernicus Park	8:00 pm Hip Hop Dance LBJ Park	Interval Training Ward Park	11:00 am Zumba Walzem YMCA	
6:00 pm Conditioning Cuellar Park	6:00 pm Cross Training Garza Park	Boot Camp Miller's Pond		Body Pump Rosedale Park	10:30 am Yoga Hardberger Park East	
Hula LBJ Park	Cross Fit Highland Park	Interval Training Walker Ranch Park		Interval Training McAllister Park	11:30 am Yoga Dorie Miller	
Bailar es vivir Enrique Barrera FC	Circuit Training Enrique Barrera FC	7:00 pm Interval Training Walker Ranch Park		11:30 am Yoga Dorie Miller	12:00 pm Body Combat Rosedale Park	
Circuit Training Collins Garden Park	Zumba Arnold Park	7:15 pm Zumba Harlandale Park		12:00 pm Body Combat Rosedale Park	12:30 pm Belly Dance LBJ Park	
6:30 pm Piloxing South Side Lions Park	Circuit Training La Villita	7:30 pm Youth Sports Cond Cuellar Park		1:00 pm Walk It Out Fitness Copernicus Park	12:30 pm Belly Dance LBJ Park	
Self Defense Circuit Stone Oak Park	Tae Bo Copernicus Park	Cross Fit Ward Park		Line Dancing Berta Almaguer	1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Garza Park	Rotengo Labor Street Park			Yoga Mission Library	Line Dancing Berta Almaguer	
Boot Camp Harlandale Park	6:15 pm Rotengo Labor Street Park			Cycling Circuit Mission Library	Yoga Mission Library	
Boot Camp South San Park	6:30 pm Interval Training Bonnie Conner Park			Basketball Conditioning Arnold Park	Cycling Circuit Mission Library	
Yoga Pan American Library	Social Walking Villa Coronado Park			Basketball Conditioning Arnold Park	Basketball Conditioning Arnold Park	
Circuit Training Woodlawn Lake Park	Interval Training Highland Park			3:00 pm Basketball Conditioning Arnold Park	3:30 pm Table Tennis Mission Library	
Zumba Cuellar Park	Interval Training La Villita					
Basketball Conditioning Copernicus Park	7:00 pm Interval Training Highland Park					
Social Walking Villa Coronado Park	Interval Training La Villita					
6:45 pm Zumba Barrera Fitness Center	7:30 pm Boot Camp Palm Heights Park					
7:00 pm Family Yoga Collins Garden Park	P 90 X Live Nani Falcone Park					
7:30 pm Cross Fit Woodlawn Lake Park	8:00 pm Conditioning La Villita					
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday September 28	Tuesday September 29	Wednesday September 30	Thursday October 1	Friday October 2	Saturday October 3	Sunday October 4
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	Low Impact Circuit Lions Field	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	8:30 am Fitness Walk Leon Creek Greenway	11:00 am Circuit 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	11:00 am Folklorico Granados Center	9:00 am Pickleball LBJ Park	12:00 pm Family Fitness Hardberger Park West
Circuit Training Stone Oak Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Tai Chi Pan American Library	Zumba McAllister Park	5:00 pm Basketball Conditioning Hardberger Park West
9:30 am Modified Tennis Granados Center	Boot Camp Stone Oak Park	Circuit Training Labor Street Park	Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Hip Hop Dance Berta Almaguer Studio	
Boot Camp Hardberger Park West	10:00 am Folklorico Berta Almaguer Studio	Family Fitness Miller's Pond	Boot Camp Southside Lions Park	Rotengo Jesse James Leija Gym	Belly Dance Berta Almaguer Studio	
10:00 am Low-Impact Circuit Parman Library	Low Impact Fitness Commander's House	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park		Cross Fit McAllister Park	
Social Walk Lackland Terrace Park	11:00 am Ballet Exercise Berta Almaguer Studio	Cardio Kickboxing Walker Ranch Park	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park	Interval Training Veterans Memorial Park	
10:30 am Pickleball Granados Park	11:30 am Lunch Crunch Travis Park	Cyclo-Cross LBJ Park	6:30 pm Interval Training Bonnie Conner Park	9:30 am Boot Camp Hardberger Park East	9:30 am Boot Camp Hardberger Park East	
4:00 pm Martial Arts Encino Library	12:00 pm Circuit Training Travis Park	1:00 pm Table Tennis Mission Library	6:45 pm Zumba South Side Lions Park	10:00 am Zumba Rosedale Park	10:00 am Circuit Training McAllister Park	
4:30 pm Martial Arts Encino Library	1:00 pm Table Tennis Mission Library	6:30 pm Boot Camp LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park	10:30 am Yoga Hardberger Park East	10:30 am Yoga Hardberger Park East	
5:30 pm Interval Training Stone Oak Park	1:30 pm Low Impact Circuit La Villita	Boot Camp Garza Park	7:30 pm Cross Fit Woodlawn Lake Park	Chair Yoga Dorie Miller Park	11:00 am Zumba Walzem YMCA	
Walking Group Woodlawn Lake Park	2:00 pm Low Impact Circuit La Villita	Zumba Jimmy Flores Park	7:30 pm Boot Camp Palm Heights Park	Body Pump Rosedale Park	Body Pump Rosedale Park	
Family Fitness Enrique Barrera FC	5:30 pm Belly Dance Lions Field	Zumba Cuellar Park	8:00 pm Hip Hop Dance LBJ Park	Interval Training McAllister Park	Interval Training McAllister Park	
6:00 pm Hula LBJ Park	6:00 pm Cross Training Garza Park	Interval Training Ward Park		11:30 am Yoga Dorie Miller	11:30 am Yoga Dorie Miller	
Bailar es vivir Enrique Barrera FC	Circuit Training Enrique Barrera FC	Conditioning Labor Street Park		12:00 pm Body Combat Rosedale Park	12:00 pm Body Combat Rosedale Park	
Circuit Training Collins Garden Park	Cross Fit Highland Park	Body Combat Pittman-Sullivan Park		12:30 pm Belly Dance LBJ Park	12:30 pm Belly Dance LBJ Park	
6:30 pm Piloxing South Side Lions Park	Zumba Arnold Park	Volleyball Conditioning Copernicus Park		1:00 pm Walk It Out Fitness Copernicus Park	1:00 pm Walk It Out Fitness Copernicus Park	
Self Defense Circuit Stone Oak Park	Rotengo Labor Street Park	Boot Camp Miller's Pond		Line Dancing Berta Almaguer	Line Dancing Berta Almaguer	
Boot Camp Garza Park	Social Walking Villa Coronado Park	Interval Training Walker Ranch Park		Yoga Mission Library	Yoga Mission Library	
Boot Camp Harlandale Park	7:00 pm Interval Training Highland Park	7:00 pm Interval Training Walker Ranch Park		2:00 pm Cycling Circuit Mission Library	2:00 pm Cycling Circuit Mission Library	
Boot Camp South San Park	7:15 pm Zumba Harlandale Park	7:15 pm Zumba Harlandale Park		Basketball Conditioning Arnold Park	Basketball Conditioning Arnold Park	
Yoga Pan American Library	7:30 pm Cross Fit Ward Park	Cross Fit Ward Park		3:00 pm Basketball Conditioning Arnold Park	3:00 pm Basketball Conditioning Arnold Park	
Circuit Training Woodlawn Lake Park	7:30 pm Boot Camp Palm Heights Park	Youth Sports Cond Cuellar Park		3:30 pm Table Tennis Mission Library	3:30 pm Table Tennis Mission Library	
Zumba Cuellar Park	P 90 X Live Nani Falcone 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						