

Enrique Barrera Community Fitness Center
5800 Old Hwy 90 W, San Antonio, TX 78227 (210) 207-3221

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics Room (Morning/ Afternoon Classes)					
	Tai Chi* 8am - 9am				
Jazzercise* 9:30am-10:30am	Jazzercise* 9:30am-10:30am	Jazzercise* 9:30am-10:30am	Jazzercise* 9:30am-10:30am	Jazzercise* 9:30am-10:30am	
					Jazzercise* 10:30am-11:30am
Belly Dance* 11:45-12:15			Belly Dance* 11:45-12:15		
Aerobics Room (Evening Classes)					
				Core Training 4pm - 5pm	
	Jazzercise* 5pm - 6pm		Jazzercise* 5pm - 6pm		
Jazzercise* 6pm - 7pm	Afro-Brazil Danc* 6pm - 7pm	Jazzercise* 6pm - 7pm	Kickboxing 6pm-7pm		
Zumba* 7pm - 8pm	Jazzercise* 7pm - 8pm	Zumba* 7pm - 8pm	Jazzercise* 7pm - 8pm		
Recreation Room (All Classes)					
Teen F.I.T. 9:30am - 10:30am	Teen F.I.T. 9:30am - 10:30am	Teen F.I.T. 9:30am - 10:30am	Teen F.I.T. 9:30am - 10:30am	Teen F.I.T. 9:30am - 10:30am	Just Girls TCT 10am - 11am
Circuit Training 11:00am-12:00pm	Circuit Training 11:00am-12:00pm	Circuit Training 11:00am-12:00pm	Circuit Training 11:00am-12:00pm	Circuit Training 11:00am-12:00pm	Just Boys TCT 11am - 12pm
Personal Training 12:00pm-1:00pm	Personal Training 12:00pm-1:00pm	Personal Training 12:00pm-1:00pm	Personal Training 12:00pm-1:00pm	Personal Training 12:00pm-1:00pm	All Together TCT 12pm - 1pm
Kickboxing 4pm-5pm	Bring the Smoke 4:00pm-4:30pm	Kickboxing 4pm-5pm	Bring the Smoke 4:00pm-4:30pm		
Circuit Training 5pm - 6pm	Kid Crab Soccer 5:00pm - 5:30pm		Kid Crab Soccer 5:00pm - 5:30pm	Fitness Walking 5pm - 6pm	
	Race to Fitness 5:30pm-6:00pm		Race to Fitness 5:30pm-6:00pm		
Kickboxing 6pm-7pm	Kid Kenpo Karate* 6pm - 7pm		Kid Kenpo Karate* 6pm - 7pm	Circuit Training 6pm - 7pm	
	Kenpo Karate* 7pm - 8pm	Kenpo Karate* 6:30pm-7:30pm	Kenpo Karate* 7pm - 8pm		
Wellness Room (All Classes)					
	Running Shoe Cl 5:30pm-6:00pm		Running Shoe Cl 5:30pm-6:00pm		
	Tai Chi 6pm - 7pm		Tai Chi 6pm - 7pm		
Outside (All Classes)					
Running/Walking 6:30am-7:30am		Running/Walking 6:30am-7:30am		Running/Walking 6:30am-7:30am	
Ultimate Frisbee 6:30pm-7:30pm			Ultimate Frisbee 6:30pm-7:30pm		

*** Classes that have fees.**

- ***Belly Dance:** \$30 per 8 week session
- ***Jazzercise:** \$10 drop in fee, \$35 per month
- ***Kenpo Karate:** \$35 per month
- ***Kid Kenpo Karate:** \$35 per month
- ***Tai Chi:** \$5 per class
- ***Zumba:** \$5 drop in fee, \$ 30 a month
- * **Homeschool F.I.T. for Fun:** \$35 for 8 weeks
- Core Training:** Free
- Teen Kickboxing:** Free
- Teen F.I.T.:** Free
- Race to Fitness:** Free

- All Together Teen Circuit Training:** Free
- Just the Girls Teen Circuit Training:** Free
- Just the Boys Teen Circuit Training:** Free
- Circuit Training Conditioning Program:** Free
- Personal Training:** Free
- Running/Walking Group:** Free
- Running Shoe Clinic:** Free, 1st Tuesday & 3rd Thursday of every month
- Ultimate Frisbee:** Free
- Fitness Walking:** Free
- Crab Soccer:** Free
- Kid Crab Soccer:** Free
- Bring the Smoke:** Free