



## October 2016 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**

### SCHEDULE LEGEND

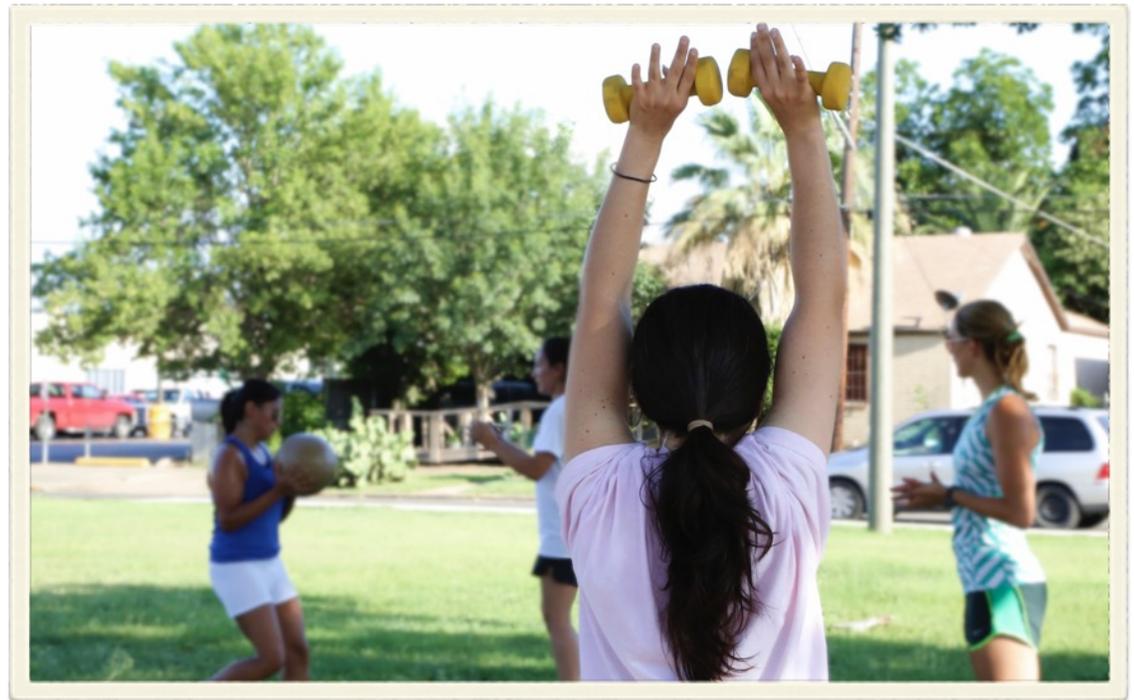
 Outdoor Class

 Indoor Class

 Outdoor During Nice Weather  
 Indoor During Bad Weather

# BOOT CAMPS

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



Class Name	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp	 Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center
Adult Boot Camp	 Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center <b>*No class October 10 or 17</b>
Adult Boot Camp	 Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom <b>*No class October 15</b>
Boot Camp	 South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center
Boot Camp	 Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library <b>*No class October 8</b>
Boot Camp	 Travis Park 301 E Travis	Wed	5:30 pm	In the park



# 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 <b>*No class October 8 or 15</b>
Adult Circuit Training	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues/Thurs	6:00 pm	Inside Enrique Barrera Fitness Center <b>*No class October 4</b>
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Thurs	5:30 pm	Next to the playground <b>*No class October 13</b>
Adult Circuit Training	 	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Adult Circuit Training		Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the playground <b>*No class October 12 or 19</b>
Outdoor Circuit hosted by the Mays Family YMCA		Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts <b>*No class October 9 or 16</b>
Adult Circuit Training		Lockwood Park 801 N. Olive	Sun	10:00 am	Near the Farmer's Market <b>*No class October 2, 16 or 30</b>
Adult Circuit Training	 	Lions Field Park 2809 Broadway	Tues	7:30 pm	Inside Lions Field Adult and Senior Center

# CIRCUIT TRAINING, CROSS TRAINING AND MORE



Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	 Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations
Low Impact Circuit Training	  Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library <b>*No class October 8</b>
Low-Impact Circuit Training	  Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library <b>*No class October 31</b>
Adult Low-Impact Circuit Training	 Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Adult Low Impact Circuit Training	 West End Park 1401 N Hamilton	Mon	8:30 am	Next to Frank Garrett Center
Cross Training	 Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Core Training (30 min)	 OP Schnabel Park 9606 Bandera	Mon	6:30 pm	Next to the playground <b>*No class October 31</b>
Core Training (30 min)	 OP Schnabel Park 9606 Bandera	Mon	7:00 pm	Next to the playground <b>*No class October 31</b>
Easy Movement (Adults and Seniors)	 Lions Field Park 2809 Broadway	Mon / Fri	10:00 am	Inside Lions Field Adult and Senior Center
Functional Fitness (Adults and Seniors)	 Lions Field Park 2809 Broadway	Thurs	8:30 am	Inside Lions Field Adult and Senior Center

# INTERVAL TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Interval Training  	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center <b>*No class October 12</b>
Interval Training 	Bonnie Conner Park 13300 Woller	Thurs	6:30 pm	Next to the playground <b>*No class October 13</b>
Interval Training  	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center <b>*No class October 11 or 18</b>
Interval Training 	Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts <b>*No class October 9 or 16</b>
Interval Training 	McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion <b>*No class October 8 or 15</b>
Interval Training 	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training 	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Interval Training  	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)

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



# BICYCLE CIRCUIT

Class Name	Location	Day(s)	Time	Meeting Place
Bicycle Circuit  	Mission Library 3134 Roosevelt	Sat	2:00 pm	Meet in the library courtyard <b>*In the case of rain, meet inside the library for a traditional circuit training class</b> <b>*No class October 15</b>
Cyclo Cross (Beginners and Kids) 	LBJ Park 10700 Nacogdoches	Wed	6:10 pm	Meet next to Lou Hamilton Community Center
Cyclo Cross (Open) 	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Meet next to Lou Hamilton Community Center

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

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

# FAMILY FITNESS FRENZY

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



Class Name	Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground <b>*No class October 31</b>
Family Fitness Frenzy	Lockwood Park 801 N. Olive	Sun	11:00 am	Near the Farmer's Market <b>*No class October 2, 16 or 30</b>

# 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 <b>*No class October 11 or 18</b>
Cross Fit	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center <b>*No class October 10 or 17</b>
Cross Fit	McAllister Park 13102 Jones Maltzberger	Sat	9:00 am	At the Turkey Roost pavilion <b>*No class October 8 or 15</b>
Cross Fit	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center <b>*No class October 12</b>
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field
Cross Fit for Adults	Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field
Cross Fit	Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground
Cross Fit	Pearsall Park 4700 Old Pearsall Rd.	Wed	6:00 pm	At the Fitness Challenge Zone

# YOGA, TAI CHI AND MEDITATION

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



Class Name	Location	Day(s)	Time	Meeting Place
Yoga	 Dorie Miller 2802 MLK Dr.	Sat	11:30 am	Inside Dorie Miller Community Center <b>*No class October 8 or 22</b>
Yoga	  Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside Mission Library <b>*No class October 15</b>
Yoga	 Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga	 LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Family Friendly Yoga	 Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom <b>*No class October 15</b>
Family Friendly Yoga	 Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations
Chair Yoga	 Dorie Miller 2802 MLK Dr.	Sat	10:30 am	Inside Dorie Miller Community Center <b>*No class October 8 or 22</b>
Tai Chi	 Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
Stretching and Recovery	 Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts <b>*No class October 9 or 16</b>
Meditation	 Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center
Yoga	 Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center <b>*No class October 18</b>
Yoga hosted by Trinity Market	 San Pedro Park 1315 San Pedro	Tues	7:00 pm	At the gazebo <b>*No class October 4 or 11</b>

# IN THE POOL

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

Class Name	Location	Day(s)	Time	Meeting Place
Aqua Fitness 	San Antonio Natatorium 1430 W. Cesar Chavez	Tues/Thurs	11:30 am	Inside the pool



# FITNESS FUN

Class Name	Location	Day(s)	Time	Meeting Place
Most Fit Challenge 	Monterrey Park 5909 W. Commerce	Thurs	5:00 pm	Inside Melendez Community Center
Most Fit Challenge 	Garza Park 1450 Mira Vista	Tues/Thurs	4:00 pm	Inside Garza Community Center
Most Fit Challenge 	Copernicus Park 5003 Lord Rd.	Sat	10:00 am	Inside Copernicus Community Center
Most Fit Challenge 	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center
Walk to Run 	Garza Park 1450 Mira Vista	Mon/Wed	5:30 pm	At Garza Community Center
Walk to Run 	Millers Pond Park 6175 Old Pearsall Rd	Tues/Wed	7:30 pm	At Miller's Pond Community Center
Walk to Run 	Millers Pond Park 6175 Old Pearsall Rd	Sat	10:00 am	At Miller's Pond Community Center
Walk to Run 	Rainbow Hills Park 528 Rasa	Sat	2:00 pm	At Yates Community Center

Fitness Fun is a series of classes that rotate every two months. They are hosted at local community centers, led by SA Parks staff and include a wide variety of opportunities to get active and stay fit!

Most Fit Challenge is a program that will challenge participants by having them perform at their best against other competitors. Participants will be tested on their ability to perform various sport and fitness movements with proper form as fast as they can. The goal is to beat everyone else's time or complete the most repetitions. Bring your 'A-Game' to find out who will be the Most Fit!

Walk to Run is a program that will develop your endurance, stamina and overall fitness. This program is designed to improve your ability to walk or run longer distances while improving your overall health.



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

Class Name		Location	Day(s)	Time	Meeting Place
Zumba Toning		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion <b>*No class October 8</b>
Zumba		Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Y Living Center
Zumba hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at OP Schnabel Park		OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Zumba hosted by Community First Health Plans	 	Garza Park 1450 Mira Vista	Tues	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans	 	LBJ Park 10700 Nacogdoches	Sat	11:30 am	Inside Lou Hamilton Community Center
Zumba		Highland Park 901 Rigsby	Mon	6:00 pm	Inside Bode Community Center



# DANCE FITNESS

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



Class Name		Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio <b>*Ages 11 to Adult</b> <b>*No class October 1 or 8</b>
Hula Dancing		LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center
Line Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	3:30 pm	Inside Berta Almaguer Dance Studio
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues/Thurs	5:30 pm	Inside Enrique Barrera Fitness Center <b>*Class taught in Spanish</b>
Intro to Folklorico Dance (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio
Intro to Folklorico Dance (Adults)		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center
Intro to Ballet Exercise (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio
CIZE Live		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	7:00 pm	Inside Enrique Barrera Fitness Center



# MORE DANCE FITNESS

**SCHEDULE LEGEND**

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

Class Name	Location	Day(s)	Time	Meeting Place
Adult Belly Dancing	 Lions Field Park 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Belly Dancing	 Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio
Adult Belly Dancing	 Granados Park 500 Freiling	Wed	12:30 pm	Inside Granados Adult & Senior Center
Adult Belly Dancing	 Commander's House 622 S. Flores	Tues	11:00 am	Inside Commander's House
Adult Caribe Rico Miderno	 Lions Field Park 2809 Broadway	Tues	6:30 pm	Inside Lions Field Adult & Senior Center
Adult Caribe Rico Miderno	 Granados Park 500 Freiling	Wed	1:30 pm	Inside Granados Adult & Senior Center
Flamenco Fitness & Fun	 Berta Almaguer Dance Studio 138 S. Josephine	Sat, Oct 1	3:00 pm	Inside Berta Almaguer Dance Studio

# OTHER CARDIO

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

Body Flow is a mix of Yoga, Pilates, and Tai Chi. It focuses on strength, flexibility, and controlled breathing. The moves, stretches, and poses done in Body Flow are all performed to music.

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

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

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

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

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

Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Body Flow hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Body Combat hosted by the Davis Scott YMCA		Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Check in at the Davis- Scott YMCA reception desk
Body Pump hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside Encino Library *Limit of 30 participants per session <b>*No class October 8</b>
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library *Limit of 30 participants per session <b>*No class October 8</b>
Adult Self Defense		Lions Field Park 2809 Broadway	Wed	7:00 pm	Inside Lions Field Adult and Senior Center
Tae Bo		Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center <b>*No class October 6 or 20</b>

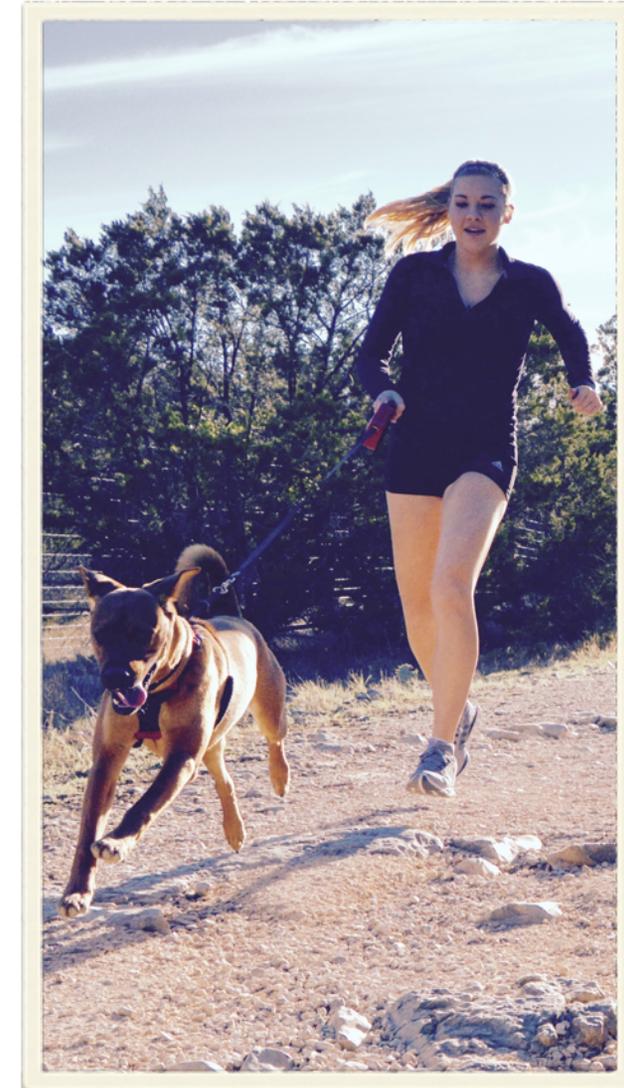


# WALKING AND RUNNING GROUPS

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

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

Class Name		Location	Day(s)	Time	Meeting Place
Social Walk		Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center
Power Walk		Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River		Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus Community Center
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	Inside Copernicus Community Center
Community Walk		Pittman-Sullivan Park 1213 Iowa	Sat, Oct 22	8:30 am	At the Davis-Scott YMCA entrance
Walking Group		West End Park 1401 N Hamilton	Mon	9:30 am	Next to Frank Garrett Center
Trail Walking		Pearsall Park 4700 Old Pearsall Rd	Wed	5:00 pm	At the Fitness Challenge Zone
Walking in the Park		Lions Field Park 2809 Broadway	Mon / Wed	8:30 am	At Lions Field Adult and Senior Center
Trail Run hosted by Honor 22		OP Schnabel Park 9606 Bandera	Sat, Oct 1	9:00 am	At Graff Pavilion
Trail Run hosted by Honor 22		Friedrich Wilderness Park 21395 Milsa Dr.	Sat, Oct 29	9:00 am	At the pavilion



# 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 Basketball Conditioning	 Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center <b>*Middle School Boys and Girls</b>
Youth Basketball Conditioning	 Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center <b>*High School Boys and Girls</b>
Youth and Adult Basketball Conditioning	 Copernicus Park 4003 Lord Rd	Mon	7:00 pm	Inside Copernicus Community Center
Youth Volleyball Conditioning	 Copernicus Park 4003 Lord Rd	Wed	6:30 pm	Inside Copernicus Community Center
Youth Sports Conditioning	  Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside Cuellar Community Center

# MOM, POP AND TOT

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

Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom 	Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables <b>*For inclement weather cancellations call 800-279-7430</b>
Stroller Strides by Fit 4 Mom 	Phil Hardberger Park East 13203 Blanco	Sat, Oct 1	9:30 am	Picnic tables <b>*For inclement weather cancellations call 800-279-7430</b>



# NET SPORTS

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



Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside Mission Library
Adult Table Tennis		Lions Field Park 2809 Broadway	Mon	1:00 pm to 3:30 pm	Inside Lions Field Adult and Senior Center
Adult Table Tennis		Lions Field Park 2809 Broadway	Fri	4:30 pm to 6:30 pm	Inside Lions Field Adult and Senior Center
Adult Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center <b>*No class October 31</b>
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Adult Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center <b>*No class October 31</b>
RoTenGo		Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Inside Jesse James Leija Gym (Upstairs)
Chair Volleyball for adults		Lackland Terrace Park 7902 Westshire	Tues	9:30 am	Inside Gill Community Center
Adult Tennis		McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19

# TROOPS FOR FITNESS

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

- **Adult Boot Camp**  
Harlandale Park
- **Circuit Training**  
Bonnie Conner Park  
Lou Kardon Park  
McAllister Park
- **Low Impact Circuit**  
Lackland Terrace Park  
Parman Library
- **Yoga**  
Enrique Barrera Center  
Cuellar Park
- **Interval Training**  
McAllister Park  
Bonnie Conner Park  
Ward Park  
Highland Park
- **Family Fitness Frenzy**  
OP Schnabel Park
- **Cross Fit**  
McAllister Park  
Harlandale Park  
Highland Park  
Ward Park
- **Core Training**  
OP Schnabel Park
- **Honor 22 Trail Runs**  
OP Schnabel Park  
Friedrich Wilderness Park



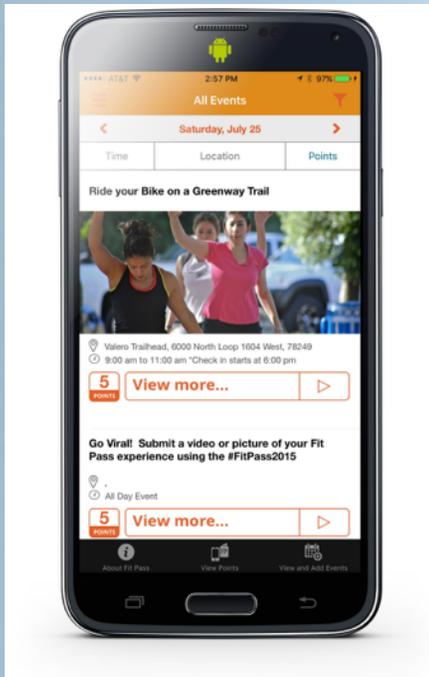
# SA Parks Fitness App is here to stay



## Fitness in the park *Spotlight* October 2016

Fit Pass 2016 was an incredible adventure. Congratulations to all our Fit Pass participants for jumpstarting your healthy lifestyle this summer. Many Fit Passers utilized the 'SA Parks Fitness' app to find activities to attend and track their points. Now the same ease and convenience you experienced with Fit Pass is available for Fitness in the Park all year long!

Once you open the app, use the main menu in the top left of the screen to find "Fitness in the Park". Once you select "Fitness in the Park", you can "View and Add Events". A complete listing of all free fitness classes are available at your fingertips all year long!



Monday September 26	Tuesday September 27	Wednesday September 28	Thursday September 29	Friday September 30	Saturday October 1	Sunday October 2
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>9:00 am</b> Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>Circuit Training</b> Lou Kardon Park	<b>Functional Fitness</b> Lions Field	<b>Line Dancing</b> Granados Center	<b>Cross Fit</b> McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>Walking Group</b> Lions Field	<b>Water Fitness</b> SA Natatorium	<b>Easy Movement</b> Lions Field	<b>Zumba</b> McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>Low Impact Circuit</b> West End Park	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>10:00 am</b> Low Impact Circuit Lackland Terrace Park	<b>Table Tennis</b> Mission Library	<b>Tai Chi</b> Pan American Library	<b>Belly Dancing</b> Berta Almaguer Studio	<b>Yoga</b> Pan American Library
<b>Walking Group</b> Lions Field	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>1:00 pm</b> Most Fit Challenge Garza Park	<b>Folklorico</b> Granados Center	<b>Trail Run</b> OP Schnabel Park	<b>12:00 pm</b> Stretching Hardberger Park West
<b>9:30 am</b> Modified Tennis Granados Center	<b>1:00 pm</b> Belly Dancing Commander's House	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>5:00 pm</b> Most Fit Challenge Monterrey Park	<b>Table Tennis</b> Lions Field	<b>Boot Camp</b> Hardberger Park East	
<b>Walking Group</b> West End Park	<b>2:00 pm</b> Table Tennis Mission Library	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Zumba</b> OP Schnabel Park	<b>Stroller Strides</b> Hardberger Park East	
<b>10:00 am</b> Low Impact Circuit Parman Library	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>5:30 pm</b> Boot Camp Travis Park	<b>Circuit Training</b> Bonnie Conner Park	<b>6:00 pm</b> Rotengo Jesse James Leija Gym	<b>10:00 am</b> Zumba Rosedale Park	
<b>Social Walk</b> Lackland Terrace Park	<b>10:30 am</b> Pickleball Granados Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Bailar es vivir</b> Enrique Barrera FC	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Circuit Training</b> McAllister Park	
<b>Easy Movement</b> Lions Field	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:10 pm</b> Adult Tennis McFarlin Tennis Center	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>Tae Bo</b> Copernicus Park	<b>Cross Fit</b> Monterrey Park	
<b>10:30 am</b> Pickleball Granados Park	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>6:30 pm</b> Yoga LBJ Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>Interval Training</b> Bonnie Conner Park	<b>Walk to Run</b> Millers Pond Park	
<b>1:00 pm</b> Table Tennis Lions Field	<b>5:30 pm</b> Yoga Cuellar Park	<b>6:30 pm</b> Yoga LBJ Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>Cross Training</b> Garza Park	<b>Most Fit Challenge</b> Copernicus Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Bailar es vivir Enrique Barrera FC	<b>6:30 pm</b> Cyclo Cross LBJ Park	<b>7:00 pm</b> Interval Training Bonnie Conner Park	<b>Walk It Out Fitness</b> Copernicus Park	<b>Low Impact Circuit</b> Encino Library	
<b>Family Fitness</b> OP Schnabel Park	<b>6:30 pm</b> Circuit Training Enrique Barrera FC	<b>6:30 pm</b> Boot Camp Garza Park	<b>7:00 pm</b> Circuit Training Garza Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>Chair Yoga</b> Dorie Miller Park	
<b>Walk to Run</b> Garza Park	<b>6:30 pm</b> Cross Fit Highland Park	<b>Zumba</b> Jimmy Flores Park	<b>7:30 pm</b> Walk to Run Millers Pond Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>Yoga</b> Hardberger Park East	
<b>6:00 pm</b> Hula LBJ Park	<b>6:30 pm</b> Zumba Arnold Park	<b>Interval Training</b> Ward Park			<b>11:00 am</b> Body Pump Rosedale Park	
<b>Circuit Training</b> Collins Garden Park	<b>Tae Bo</b> Copernicus Park	<b>Body Combat</b> Pittman-Sullivan Park			<b>Interval Training</b> McAllister Park	
<b>Zumba</b> Highland Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Volleyball Conditioning</b> Copernicus Park			<b>Boot Camp</b> Encino Library	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Boot Camp</b> McAllister Park	<b>Cyclo Cross</b> LBJ Park			<b>11:30 am</b> Yoga Dorie Miller Park	
<b>Boot Camp</b> Garza Park	<b>6:30 pm</b> Cross Training Garza Park	<b>Interval Training</b> Walker Ranch Park			<b>Zumba</b> LBJ Park	
<b>Boot Camp</b> Harlandale Park	<b>Caribe Rico Miderno</b> Lions Field	<b>Youth Sports Conditioning</b> Cuellar Park			<b>12:00 pm</b> Body Flow Rosedale Park	
<b>Boot Camp</b> South San Park	<b>Zumba</b> Garza Park	<b>Yoga</b> San Pedro Park			<b>Martial Arts</b> Encino Library	
<b>Circuit Training</b> Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Highland Park	<b>Self Defense</b> Lions Field			<b>12:30 pm</b> Martial Arts Encino Library	
<b>Core Training</b> OP Schnabel Park	<b>CIZE Live</b> Enrique Barrera FC	<b>CrossFit</b> Ward Park			<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>Yoga</b> Collins Garden Park	<b>7:30 pm</b> Circuit Training Lions Field				<b>Yoga</b> Mission Library	
<b>Core Training</b> OP Schnabel Park	<b>Walk to Run</b> Millers Pond Park				<b>2:00 pm</b> Bicycle Circuit Training Mission Library	
<b>Basketball Conditioning</b> Copernicus Park					<b>Basketball Conditioning</b> Arnold Park	
<b>7:00 pm</b> Yoga Collins Garden Park					<b>Walk to Run</b> Rainbow Hills Park	
<b>Core Training</b> OP Schnabel Park					<b>Basketball Conditioning</b> Arnold Park	
<b>Basketball Conditioning</b> Copernicus Park					<b>Most Fit Challenge</b> Arnold Park	
<b>7:30 pm</b> Interval Training Woodlawn Lake Park					<b>Flamenco Fitness</b> Berta Almaguer	
<b>Cross Fit</b> Harlandale Park					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>Line Dancing</b> Berta Almaguer	
					<b>4:00 pm</b> Meditation Hardberger Park West	

Monday October 3	Tuesday October 4	Wednesday October 5	Thursday October 6	Friday October 7	Saturday October 8	Sunday October 9
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>9:00 am</b> Pickleball LBJ Park	<b>10:00 am</b> Circuit Training Lockwood Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>Circuit Training</b> Lou Kardon Park	<b>Functional Fitness</b> Lions Field	<b>Line Dancing</b> Granados Center	<b>Belly Dancing</b> Berta Almaguer Studio	<b>11:00 am</b> Yoga Pan American Library
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>Walking Group</b> Lions Field	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>Easy Movement</b> Lions Field	<b>9:30 am</b> Boot Camp Hardberger Park East	<b>Family Fitness</b> Lockwood Park
<b>Low Impact Circuit</b> West End Park	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>10:00 am</b> Low Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:00 am</b> Tai Chi Pan American Library	<b>10:00 am</b> Zumba Rosedale Park	
<b>Walking Group</b> Lions Field	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>4:30 pm</b> Table Tennis Lions Field	<b>Cross Fit</b> Monterrey Park	
<b>9:30 am</b> Modified Tennis Granados Center	<b>Belly Dancing</b> Commander's House	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>5:00 pm</b> Most Fit Challenge Monterrey Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>Walk to Run</b> Millers Pond Park	
<b>Walking Group</b> West End Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:00 pm</b> Most Fit Challenge Monterrey Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Most Fit Challenge</b> Copernicus Park	
<b>Low Impact Circuit</b> Parman Library	<b>1:00 pm</b> Table Tennis Mission Library	<b>5:30 pm</b> Boot Camp Travis Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park		<b>10:30 am</b> Yoga Hardberger Park East	
<b>Social Walk</b> Lackland Terrace Park	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Circuit Training</b> Bonnie Conner Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>Easy Movement</b> Lions Field	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Bailar es vivir</b> Enrique Barrera FC		<b>11:30 am</b> Zumba LBJ Park	
<b>Pickleball</b> Granados Park	<b>Yoga</b> Cuellar Park	<b>Cross Fit</b> Pearsall Park	<b>Circuit Training</b> Enrique Barrera FC		<b>12:00 pm</b> Body Flow Rosedale Park	
<b>1:00 pm</b> Table Tennis Lions Field	<b>Bailar es vivir</b> Enrique Barrera FC	<b>Yoga</b> LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC		<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Belly Dancing</b> Lions Field	<b>Cyclo Cross</b> LBJ Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>Yoga</b> Mission Library	
<b>Family Fitness</b> OP Schnabel Park	<b>Zumba</b> Arnold Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>2:00 pm</b> Bicycle Circuit Training Mission Library	
<b>Walk to Run</b> Garza Park	<b>Tae Bo</b> Copernicus Park	<b>Zumba</b> Jimmy Flores Park	<b>Cross Training</b> Garza Park		<b>Basketball Conditioning</b> Arnold Park	
<b>6:00 pm</b> Hula LBJ Park	<b>Cross Fit</b> Highland Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>Interval Training</b> Bonnie Conner Park		<b>Walk to Run</b> Rainbow Hills Park	
<b>Circuit Training</b> Collins Garden Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Cyclo Cross</b> LBJ Park	<b>Interval Training</b> Bonnie Conner Park		<b>3:00 pm</b> Basketball Conditioning Arnold Park	
<b>Zumba</b> Highland Park	<b>Cross Training</b> Garza Park	<b>Interval Training</b> Ward Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Most Fit Challenge</b> Arnold Park	
<b>6:30 pm</b> Boot Camp Garza Park	<b>Zumba</b> Garza Park	<b>Volleyball Conditioning</b> Copernicus Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park		<b>3:30 pm</b> Table Tennis Mission Library	
<b>Boot Camp</b> Harlandale Park	<b>Caribe Rico Miderno</b> Lions Field	<b>Interval Training</b> Highland Park			<b>Line Dancing</b> Berta Almaguer	
<b>Boot Camp</b> South San Park	<b>7:00 pm</b> Interval Training Highland Park	<b>CIZE Live</b> Enrique Barrera FC			<b>4:00 pm</b> Meditation Hardberger Park West	
<b>Circuit Training</b> Woodlawn Lake Park	<b>7:30 pm</b> Circuit Training Lions Field	<b>Interval Training</b> Walker Ranch Park				
<b>Core Training</b> OP Schnabel Park	<b>Walk to Run</b> Millers Pond Park	<b>Youth Sports Conditioning</b> Cuellar Park				
<b>Yoga</b> Collins Garden Park		<b>Self Defense</b> Lions Field				
<b>Core Training</b> OP Schnabel Park		<b>7:30 pm</b> CrossFit Ward Park				
<b>Basketball Conditioning</b> Copernicus Park		<b>Walk to Run</b> Millers Pond Park				
<b>7:30 pm</b> Interval Training Woodlawn Lake Park						
<b>Cross Fit</b> Harlandale Park						



Monday October 17	Tuesday October 18	Wednesday October 19	Thursday October 20	Friday October 21	Saturday October 22	Sunday October 23
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:30 am</b> Community Walk Pittman Sullivan Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>10:00 am</b> Walking Group Lions Field	<b>11:30 am</b> Functional Fitness Lions Field	<b>11:00 am</b> Line Dancing Granados Center	<b>9:00 am</b> Pickleball LBJ Park	<b>11:00 am</b> Circuit Training Lockwood Park
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>10:00 am</b> Chair Volleyball Lackland Terrace Park	<b>12:30 pm</b> Low-Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Aqua Fitness SA Natatorium	<b>11:00 am</b> Easy Movement Lions Field	<b>11:00 am</b> Hip Hop Dance Berta Almaguer Studio	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>9:30 am</b> Low Impact Circuit West End Park	<b>11:00 am</b> Folklorico Berta Almaguer Studio	<b>1:30 pm</b> Belly Dancing Granados Park	<b>4:00 pm</b> Tai Chi Pan American Library	<b>11:00 am</b> Tai Chi Pan American Library	<b>9:30 am</b> Cross Fit McAllister Park	<b>12:00 pm</b> Yoga Pan American Library
<b>9:30 am</b> Walking Group Lions Field	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>5:00 pm</b> Caribe Rico Miderno Granados Park	<b>5:00 pm</b> Most Fit Challenge Garza Park	<b>4:30 pm</b> Folklorico Granados Center	<b>9:30 am</b> Belly Dancing Berta Almaguer Studio	<b>12:00 pm</b> Family Fitness Lockwood Park
<b>10:00 am</b> Modified Tennis Granados Center	<b>11:30 am</b> Belly Dancing Commander's House	<b>5:30 pm</b> Trail Walking Pearsall Park	<b>5:00 pm</b> Most Fit Challenge Monterrey Park	<b>6:00 pm</b> Table Tennis Lions Field	<b>10:00 am</b> Boot Camp Hardberger Park East	<b>12:00 pm</b> Stretching Hardberger Park West
<b>10:00 am</b> Walking Group West End Park	<b>1:00 pm</b> Aqua Fitness SA Natatorium	<b>6:00 pm</b> Boot Camp Travis Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>10:00 am</b> Zumba Rosedale Park	
<b>10:30 am</b> Social Walk Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:00 pm</b> Walk to Run Garza Park	<b>6:00 pm</b> Circuit Training Bonnie Conner Park	<b>6:00 pm</b> Rotengo Jesse James Leja Gym	<b>10:30 am</b> Circuit Training McAllister Park	
<b>1:00 pm</b> Easy Movement Lions Field	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC		<b>11:00 am</b> Low Impact Circuit Encino Library	
<b>1:00 pm</b> Low-Impact Circuit Parman Library	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>6:10 pm</b> Adult Tennis McFarlin Tennis Center	<b>6:30 pm</b> Circuit Training Enrique Barrera FC		<b>11:00 am</b> Walk to Run Millers Pond Park	
<b>10:30 am</b> Pickleball Granados Park	<b>5:30 pm</b> Belly Dancing Lions Field	<b>6:30 pm</b> Yoga LBJ Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>11:30 am</b> Most Fit Challenge Copernicus Park	
<b>1:00 pm</b> Table Tennis Lions Field	<b>6:00 pm</b> Bailar es vivir Enrique Barrera FC	<b>6:30 pm</b> Cross Fit Pearsall Park	<b>6:30 pm</b> Interval Training Bonnie Conner Park		<b>12:00 pm</b> Yoga Hardberger Park East	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>6:30 pm</b> Cyclo Cross LBJ Park	<b>6:30 pm</b> Cross Training Garza Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>6:00 pm</b> Family Fitness OP Schnabel Park	<b>6:30 pm</b> Zumba Arnold Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>7:00 pm</b> Circuit Training Woodlawn Lake Park		<b>11:30 am</b> Interval Training McAllister Park	
<b>6:00 pm</b> Walk to Run Garza Park	<b>6:30 pm</b> Tae Bo Copernicus Park	<b>7:00 pm</b> Zumba Jimmy Flores Park	<b>7:00 pm</b> Interval Training Ward Park		<b>12:00 pm</b> Boot Camp Encino Library	
<b>6:30 pm</b> Hula LBJ Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Ward Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>12:00 pm</b> Zumba LBJ Park	
<b>6:30 pm</b> Circuit Training Collins Garden Park	<b>6:30 pm</b> Zumba Highland Park	<b>7:00 pm</b> Body Combat Pittman-Sullivan Park	<b>7:30 pm</b> Circuit Training Woodlawn Lake Park		<b>12:00 pm</b> Body Flow Rosedale Park	
<b>6:30 pm</b> Zumba Garza Park	<b>6:30 pm</b> Cross Training Garza Park	<b>7:00 pm</b> Cyclo Cross LBJ Park			<b>12:30 pm</b> Martial Arts Encino Library	
<b>6:30 pm</b> Boot Camp Garza Park	<b>7:00 pm</b> Caribe Rico Miderno Lions Field	<b>7:00 pm</b> Interval Training Walker Ranch Park			<b>12:30 pm</b> Martial Arts Encino Library	
<b>6:30 pm</b> Boot Camp South San Park	<b>7:00 pm</b> Zumba Garza Park	<b>7:00 pm</b> Youth Sports Conditioning Cuellar Park			<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>7:00 pm</b> Circuit Training Woodlawn Lake Park	<b>7:00 pm</b> CIZE Live Enrique Barrera FC	<b>7:30 pm</b> Self Defense Lions Field			<b>1:00 pm</b> Yoga Mission Library	
<b>7:00 pm</b> Core Training OP Schnabel Park	<b>7:30 pm</b> Yoga San Pedro Park	<b>7:30 pm</b> CrossFit Ward Park			<b>2:00 pm</b> Bicycle Circuit Training Mission Library	
<b>7:00 pm</b> Yoga Collins Garden Park	<b>7:30 pm</b> Circuit Training Lions Field	<b>7:30 pm</b> Walk to Run Millers Pond Park			<b>2:00 pm</b> Basketball Conditioning Arnold Park	
<b>7:30 pm</b> Basketball Conditioning Copernicus Park	<b>7:30 pm</b> Walk to Run Millers Pond Park				<b>3:00 pm</b> Walk to Run Rainbow Hills Park	
<b>7:30 pm</b> Core Training OP Schnabel Park					<b>3:00 pm</b> Basketball Conditioning Arnold Park	
<b>7:30 pm</b> Interval Training Woodlawn Lake Park					<b>3:00 pm</b> Most Fit Challenge Arnold Park	
					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>4:00 pm</b> Line Dancing Berta Almaguer	
					<b>4:00 pm</b> Meditation Hardberger Park West	

Monday October 24	Tuesday October 25	Wednesday October 26	Thursday October 27	Friday October 28	Saturday October 29	Sunday October 30
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>9:00 am</b> Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>10:00 am</b> Circuit Training Lou Kardon Park	<b>11:30 am</b> Functional Fitness Lions Field	<b>11:00 am</b> Line Dancing Granados Center	<b>9:30 am</b> Hip Hop Dance Berta Almaguer Studio	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>10:00 am</b> Chair Volleyball Lackland Terrace Park	<b>11:30 am</b> Walking Group Lions Field	<b>11:30 am</b> Water Fitness SA Natatorium	<b>11:00 am</b> Easy Movement Lions Field	<b>10:00 am</b> Cross Fit McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>Low Impact Circuit</b> West End Park	<b>11:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:00 am</b> Tai Chi Pan American Library	<b>10:00 am</b> Zumba McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>Walking Group</b> Lions Field	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>11:00 am</b> Folklorico Granados Center	<b>9:30 am</b> Belly Dancing Berta Almaguer Studio	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Modified Tennis Granados Center	<b>11:30 am</b> Belly Dancing Commander's House	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:00 pm</b> Most Fit Challenge Monterrey Park	<b>4:30 pm</b> Table Tennis Lions Field	<b>10:00 am</b> Trail Run Friedrich Park	<b>12:00 pm</b> Stretching Hardberger Park West
<b>Walking Group</b> West End Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>5:30 pm</b> Boot Camp Travis Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>10:00 am</b> Boot Camp Hardberger Park East	
<b>10:00 am</b> Low Impact Circuit Patman Library	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:00 pm</b> Walk to Run Garza Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>6:00 pm</b> Rotengo Jesse James Leija Gym	<b>10:00 am</b> Zumba Rosedale Park	
<b>Social Walk</b> Lackland Terrace Park	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Bailar es vivir</b> Enrique Barrera FC		<b>10:30 am</b> Chair Yoga Dorie Miller Park	
<b>Easy Movement</b> Lions Field	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Tae Bo</b> Copernicus Park	<b>Yoga</b> Hardberger Park East	
<b>10:30 am</b> Pickleball Granados Park	<b>5:30 pm</b> Yoga Cuellar Park	<b>6:30 pm</b> Adult Tennis McFarlin Tennis Center	<b>6:30 pm</b> Tae Bo Copernicus Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>11:00 am</b> Body Pump Rosedale Park	
<b>1:00 pm</b> Table Tennis Lions Field	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>6:30 pm</b> Yoga LBJ Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>6:30 pm</b> Interval Training Bonnie Conner Park	<b>Interval Training</b> McAllister Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Cross Fit Highland Park	<b>6:10 pm</b> Cyclo Cross LBJ Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park	<b>6:30 pm</b> Interval Training Bonnie Conner Park	<b>Boot Camp</b> Encino Library	
<b>Family Fitness</b> OP Schnabel Park	<b>6:30 pm</b> Circuit Training Enrique Barrera FC	<b>6:30 pm</b> Boot Camp Garza Park	<b>7:00 pm</b> Cross Training Garza Park	<b>7:00 pm</b> Cross Training Garza Park	<b>Yoga</b> Dorie Miller Park	
<b>Walk to Run</b> Garza Park	<b>6:30 pm</b> Cross Fit Highland Park	<b>6:30 pm</b> Zumba Jimmy Flores Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Zumba</b> LBJ Park	
<b>6:00 pm</b> Hula LBJ Park	<b>6:30 pm</b> Zumba Arnold Park	<b>7:00 pm</b> Interval Training Ward Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>11:30 am</b> Yoga Dorie Miller Park	
<b>Circuit Training</b> Collins Garden Park	<b>6:30 pm</b> Tae Bo Copernicus Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>12:00 pm</b> Body Flow Rosedale Park	
<b>Zumba</b> Highland Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Martial Arts</b> Encino Library	
<b>6:30 pm</b> Boot Camp Garza Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Martial Arts</b> Encino Library	
<b>6:30 pm</b> Boot Camp Harlandale Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>12:30 pm</b> Martial Arts Encino Library	
<b>6:30 pm</b> Boot Camp South San Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>Circuit Training</b> Woodlawn Lake Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Yoga</b> Mission Library	
<b>Core Training</b> OP Schnabel Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>2:00 pm</b> Bicycle Circuit Training Mission Library	
<b>7:00 pm</b> Yoga Collins Garden Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Basketball Conditioning</b> Arnold Park	
<b>Core Training</b> OP Schnabel Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Walk to Run</b> Rainbow Hills Park	
<b>Basketball Conditioning</b> Copernicus Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Basketball Conditioning</b> Arnold Park	
<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Most Fit Challenge</b> Arnold Park	
<b>Cross Fit</b> Harlandale Park	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>3:00 pm</b> Table Tennis Mission Library	
	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>Line Dancing</b> Berta Almaguer	
	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>4:00 pm</b> Meditation Hardberger Park West	
	<b>6:30 pm</b> Cross Fit Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Woodlawn Lake Park		

Monday October 31	Tuesday November 1	Wednesday November 2	Thursday November 3	Friday November 4	Saturday November 5	Sunday November 6
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>9:00 am</b> Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>9:30 am</b> Circuit Training Lou Kardon Park	<b>11:30 am</b> Functional Fitness Lions Field	<b>11:00 am</b> Line Dancing Granados Center	<b>11:00 am</b> Cross Fit McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>10:00 am</b> Chair Volleyball Lackland Terrace Park	<b>10:00 am</b> Walking Group Lions Field	<b>11:30 am</b> Water Fitness SA Natatorium	<b>11:00 am</b> Easy Movement Lions Field	<b>11:00 am</b> Zumba McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>Low Impact Circuit</b> West End Park	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:00 am</b> Tai Chi Pan American Library	<b>9:30 am</b> Belly Dancing Berta Almaguer Studio	<b>Yoga</b> Pan American Library
<b>Walking Group</b> Lions Field	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>11:00 am</b> Folklorico Granados Center	<b>9:30 am</b> Boot Camp Hardberger Park East	<b>12:00 pm</b> Yoga Hardberger Park West
<b>Walking Group</b> West End Park	<b>Belly Dancing</b> Commander's House	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:00 pm</b> Most Fit Challenge Monterrey Park	<b>4:30 pm</b> Table Tennis Lions Field	<b>10:00 am</b> Zumba Rosedale Park	<b>12:00 pm</b> Stretching Hardberger Park West
<b>10:00 am</b> Social Walk Lackland Terrace Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>5:30 pm</b> Boot Camp Travis Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Zumba OP Schabel Park	<b>10:00 am</b> Circuit Training McAllister Park	<b>Low Impact Circuit</b> Encino Library
<b>Easy Movement</b> Lions Field	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:00 pm</b> Walk to Run Garza Park	<b>Circuit Training</b> Bonnie Conner Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Cross Fit</b> Monterrey Park	<b>Walk to Run</b> Millers Pond Park
<b>1:00 pm</b> Table Tennis Lions Field	<b>4:00 pm</b> Most Fit Challenge Garza Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Bailar es vivir</b> Enrique Barrera FC		<b>Most Fit Challenge</b> Copernicus Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>6:00 pm</b> Adult Tennis McFarlin Tennis Center	<b>6:00 pm</b> Circuit Training Enrique Barrera FC		<b>Chair Yoga</b> Dorie Miller Park	
<b>Walk to Run</b> Garza Park	<b>Yoga</b> Cuellar Park	<b>Yoga</b> LBJ Park	<b>Tae Bo</b> Copernicus Park		<b>Yoga</b> Hardberger Park East	
<b>6:00 pm</b> Hula LBJ Park	<b>5:30 pm</b> Belly Dancing Lions Field	<b>Cross Fit</b> Pearsall Park	<b>6:30 pm</b> Circuit Training Enrique Barrera FC		<b>11:00 am</b> Body Pump Rosedale Park	
<b>Circuit Training</b> Collins Garden Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>6:10 pm</b> Cyclo Cross LBJ Park	<b>6:30 pm</b> Boot Camp Garza Park		<b>Interval Training</b> McAllister Park	
<b>Zumba</b> Highland Park	<b>Cross Fit</b> Highland Park	<b>6:30 pm</b> Zumba Jimmy Flores Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Boot Camp</b> Encino Library	
<b>6:30 pm</b> Boot Camp Garza Park	<b>Zumba</b> Arnold Park	<b>Interval Training</b> Ward Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park		<b>Yoga</b> Dorie Miller Park	
<b>Boot Camp</b> Harlandale Park	<b>Tae Bo</b> Copernicus Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>7:30 pm</b> Walk to Run Millers Pond Park		<b>Zumba</b> LBJ Park	
<b>Boot Camp</b> South San Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Volleyball Conditioning</b> Copernicus Park			<b>11:30 am</b> Yoga Mission Library	
<b>Circuit Training</b> Woodlawn Lake Park	<b>Cross Training</b> Garza Park	<b>Cyclo Cross</b> LBJ Park			<b>12:00 pm</b> Body Flow Rosedale Park	
<b>Yoga</b> Collins Garden Park	<b>Caribe Rico Miderno</b> Lions Field	<b>Interval Training</b> Walker Ranch Park			<b>Martial Arts</b> Encino Library	
<b>Basketball Conditioning</b> Copernicus Park	<b>Zumba</b> Garza Park	<b>Youth Sports Conditioning</b> Cuellar Park			<b>Martial Arts</b> Encino Library	
<b>7:00 pm</b> Interval Training Woodlawn Lake Park	<b>7:00 pm</b> Interval Training Highland Park	<b>Self Defense</b> Lions Field			<b>12:30 pm</b> Walk It Out Fitness Copernicus Park	
<b>Cross Fit</b> Harlandale Park	<b>CIZE Live</b> Enrique Barrera FC	<b>7:30 pm</b> CrossFit Ward Park			<b>Yoga</b> Mission Library	
	<b>Yoga</b> San Pedro Park	<b>Walk to Run</b> Millers Pond Park			<b>2:00 pm</b> Bicycle Circuit Training Mission Library	
	<b>7:30 pm</b> Circuit Training Lions Field				<b>Basketball Conditioning</b> Arnold Park	
	<b>Walk to Run</b> Millers Pond Park				<b>Walk to Run</b> Rainbow Hills Park	
					<b>Basketball Conditioning</b> Arnold Park	
					<b>Most Fit Challenge</b> Arnold Park	
					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>Line Dancing</b> Berta Almaguer	
					<b>4:00 pm</b> Meditation Hardberger Park West	