



Fitness in the park

February 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.



Indoor Class



Outdoor Class



Outdoor Class During
Nice Weather.
Indoor Class During
Bad Weather.



@SAParksFitness
San Antonio Parks and Recreation Fitness

WEATHER HOTLINE (210) 207-3128

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
Adult Boot Camp	 	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton Community Center *No class Feb 10 or 17
Adult Boot Camp		Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom
Boot Camp		South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center
Boot Camp	 	South Side Lions Park 3100 Hiawatha	Thurs	5:30 pm	Inside South Side Lions Community Center
Boot Camp	 	Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library
Boot Camp	 	Palm Heights 1201 W. Malone	Mon, Wed, Thurs	7:30 pm	Inside Palm Heights Community Center
Boot Camp	 	Palm Heights 1201 W. Malone	Sat	2:30 pm	Inside Palm Heights Community Center
Boot Camp	 	Palm Heights 1201 W. Malone	Fri	5:30 pm	Inside Palm Heights Community Center



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 Enrique M. Barrera Parkway	Tues	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Tues / Thurs	5:30 pm	Next to Igo Library
Adult Circuit Training		Labor Street Park 436 Labor Street	Wed	5:30 pm	At the outdoor fitness stations
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
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 *No class Feb 1
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts
Adult Circuit Training	 	Mission Library 3134 Roosevelt	Sat	2:00 pm	Inside Mission Library

Circuit Training, Cross Training and More



Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		Heritage Duck Pond 900 S. Ellison	Tues	5:00 pm	Next to the playground *No class Feb 9
Adult Circuit Training		Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations *No class Feb 1
Low Impact Circuit Training		Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations *No class Feb 1
Low Impact Circuit Training	 	Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library
Low-Impact Circuit Training	 	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library *No class Feb 15
Low-Impact Circuit Training		Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center *No class Feb 10 or 17
Low Impact Circuit Training		West End Park 1401 N Hamilton	Mon	9:00 am	Next to Frank Garrett Center
Cross Training		Garza Park 1450 Mira Vista	Tues / Wed / Thurs	6:00 pm	Inside Garza Community Center
Core Training (30 min)		Perez Park 8601 Timber Path	Mon	6:30 pm	Next to the playground *No class Feb 15
Core Training (30 min)		Perez Park 8601 Timber Path	Mon	7:00 pm	Next to the playground *No class Feb 15



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
Interval Training		Bonnie Conner Park 13300 Woller	Tues / Thurs	6:30 pm	Next to Igo Library
Interval Training	 	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center
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 *No class Feb 3
Interval Training		Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion *No class Feb 1

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 	LBJ Park 10700 Nacogdoches	Wed	5:30 pm	Inside Lou Hamilton Community Center *No class Feb 10 or 17
Family Fitness Frenzy 	Perez Park 8601 Timber Path	Mon	5:30 pm	Next to the playground *No class Feb 15
Family Fitness Frenzy 	Enrique Barrera Community Fitness Center 5800 Enrique Barrera Parkway	Wed	5:30 pm	Inside Enrique Barrera Community Fitness Center



Strength and Conditioning

Class Name	Location	Day(s)	Time	Meeting Place
ELITE Strength & Conditioning (Strength) 	Cuellar Park 5626 San Fernando	Mon	5:00 pm	Inside Cuellar Community Center
ELITE Strength & Conditioning (Conditioning) 	Cuellar Park 5626 San Fernando	Mon	6:00 pm	Inside Cuellar Community Center
ELITE Strength & Conditioning (Conditioning) 	Labor Street Park 436 Labor Street	Wed	6:30 pm	At the outdoor fitness stations

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
Cross Fit 	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the 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	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Cross Fit 	Heritage Duck Pond 900 S. Ellison	Tues	6:00 pm	Next to the playground *No class Feb 9
Cross Fit 	West End Park 1401 N Hamilton	Mon	10:00 am	Next to Frank Garrett Center
Cross Fit for Kids 	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field
Cross Fit for Adults 	Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field
Cross Fit 	Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground *No class Feb 6 or 13



Yoga and 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 Mission Library
Yoga		Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga		Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center
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
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 Pan American Library
Stretching and Recovery		Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts
Meditation		Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center *No class Feb 6
Health for Humanity Yogathon		Travis Park 301 E. Travis	Sun, Feb 7	9:30 am	In the Park *Rainout Location is inside Bode CC located at 901 Rigsby

Class Name		Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans		OP Schnabel Park 9606 Bandera	Mon/Wed	6:30 pm	At the Graff Pavilion
Zumba		Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale Community Center
Zumba		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion
Zumba		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon/ Wed	6:45 pm	Inside Enrique Barrera Fitness Center
Zumba	 	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	Inside South Side Lions Community Center
Zumba		Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Family YMCA
Zumba hosted by the Walzem YMCA		Walzem YMCA 5538 Walzem	Sat	11:00 am	Inside the Walzem YMCA
Zumba hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at OP Schnabel Park		OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk

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 Berta Almaguer 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
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 Berta Almaguer Dance Studio
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon/Wed	6:00 pm	Inside Enrique Barrera Fitness Center *Class is taught in Spanish
Intro to Folklorico Dance (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio
Intro to Folklorico Dance for adults		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center
Intro to Ballet Exercise (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio
Belly Dancing		Lions Field Senior Center 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

More Cardio

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 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 *No class Feb 3
Cardio Kickboxing		Heritage Duck Pond 900 S. Ellison	Tues	7:00 pm	Next to the pavilion *No class Feb 9
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 Combat hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Body Pump hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Piloxing		South Side Lions Park 3100 Hiawatha	Mon	6:30 pm	Inside South Side Lions Community Center
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside Encino Library <i>*Limit of 30 participants per session</i>
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library <i>*Limit of 30 participants per session</i>
Tae Bo		Copernicus Park 5003 Lord Rd	Tues	6:00 pm	Inside Copernicus Community Center
Tae Bo		Copernicus Park 5003 Lord Rd	Thurs	6:00 pm	Inside Copernicus Community Center *No class Feb 11 or 25

Walking Groups

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

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, Feb 27	8:30 am	At the Davis-Scott YMCA entrance
Get Fit with Fido		Eisenhower Park 19399 NW Military	Sun, Feb 14	2:00 pm	At the restrooms near the playground



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 and Adult Basketball Conditioning		Copernicus Park 5003 Lord	Mon	7:00 pm	Inside Copernicus Community Center
Youth Volleyball Conditioning		Copernicus Park 5003 Lord	Wed	6:30 pm	Inside Copernicus Community Center
Youth Basketball Conditioning		Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center *Middle School Ages
Youth Basketball Conditioning		Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center *High School Ages
Cross Fit for Kids		Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>

Mom, Pop & Tot

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

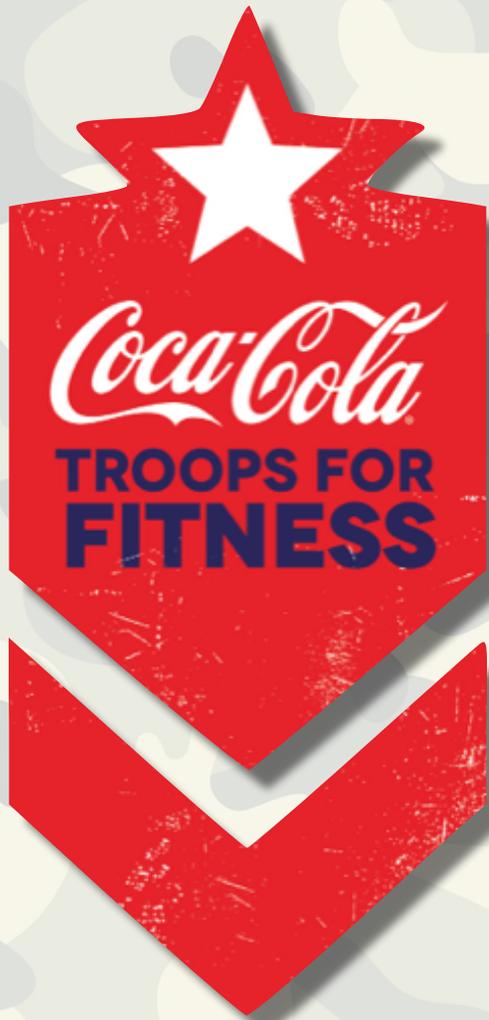
Class Name		Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Sat, Feb 6	9:30 am	Picnic tables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

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! 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 Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside Mission Library
Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center
RoTenGo		Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Inside Jesse James Leija Gym (Upstairs) *No class Feb 26
Chair Volleyball for adults		Lackland Terrace Park 7902 Westshire	Tues / Thurs	9:30 am	Inside Gill Adult & Senior Center
Adult Tennis		McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19



Troops for Fitness

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

- **Adult Boot Camp**
Harlandale Park
LBJ Park
Palm Heights Park
- **Yoga**
Cuellar Park
- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Highland Park
- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Core Training**
Perez Park
- **Low Impact Circuit**
Lackland Terrace Park
Parman Library
- **Family Fitness Frenzy**
LBJ Park
Perez Park



Turn Fitness in the Park into 'Date Night'

February is National Heart Month. Physical activity is a key part of maintaining a healthy heart. Fitness can also be the key to your heart for your relationship. There are many benefits to working out with your partner on a regular basis.

There's no surprise that sharing common interests with your partner will lead to a happier, healthier life. When you work out with your significant other you share a special bond. There's a mutual respect that is built. You have someone to motivate you. You understand and appreciate each others routines and dietary choices. Exercise also relieves stress and makes you happier and more energetic, making your free time together more adventurous.

Fitness in the Park is a great first date destination too. It shows your date the importance you put on your health. Fitness in the Park instructors make each class a unique, fun adventure for you and your date to experience together. The group atmosphere can relieve any tension in the air and best of all...IT'S FREE!!!



Fitness in the Park
Spotlight
February 2016



Weekly Schedule

February 2016

Monday February 1	Tuesday February 2	Wednesday February 3	Thursday February 4	Friday February 5	Saturday February 6	Sunday February 7
8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	9:30 am Yogathon Travis Park
9:00 am Low Impact Circuit West End Park	9:30 am Stroller Strides Hardberger Park East	9:30 am Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	Zumba McAllister Park	10:00 am Interval Training Hardberger Park West
9:30 am Modified Tennis Granados Center	10:00 am Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	Belly Dancing Berta Almaguer Studio	11:00 am Circuit Training Hardberger Park West
10:00 am Low-Impact Circuit Parman Library	10:00 am Folklorico Berta Almaguer Studio	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	5:30 pm Folklorico Granados Center	9:30 am Stroller Strides Hardberger Park East	11:00 am Circuit Training Hardberger Park West
10:30 am Social Walk Lackland Terrace Park	11:00 am Ballet Exercise Berta Almaguer Studio	5:30 pm Circuit Training Labor Street Park	5:30 pm Circuit Training Bonnie Conner Park	6:00 pm Boot Camp Palm Heights Park	10:00 am Zumba Rosedale Park	12:00 pm Yoga Pan American Library
10:30 am Cross Fit West End Park	1:00 pm Table Tennis Mission Library	6:00 pm Family Fitness Frenzy Enrique Barrera FC	6:00 pm Boot Camp Southside Lions Park	6:00 pm Zumba OP Schnabel Park	10:30 am Circuit Training McAllister Park	12:00 pm Stretching Hardberger Park West
5:00 pm Pickleball Granados Park	5:00 pm Circuit Training Heritage Duck Pond	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	6:00 pm Rotengo Jesse James Leija Gym	Low Impact Circuit Encino Library	
5:30 pm Strength Cuellar Park	Yoga Cuellar Park	6:30 pm Circuit Training Bonnie Conner Park	Tae Bo Copernicus Park		Yoga Dorie Miller Park	
5:30 pm Walking Group Woodlawn Lake Park	Kids Cross Fit Rainbow Hills Park	6:30 pm Cross Training Garza Park	6:30 pm Circuit Training Woodlawn Lake Park		Yoga Hardberger Park East	
6:00 pm Family Fitness Perez Park	5:30 pm Circuit Training Bonnie Conner Park	6:30 pm Yoga LBJ Park	6:30 pm Interval Training Bonnie Conner Park		Zumba Walzem YMCA	
6:00 pm Conditioning Cuellar Park	Belly Dancing Lions Field	6:30 pm Adult Tennis McFarlin Tennis Center	6:45 pm Zumba South Side Lions Park		Body Pump Rosedale Park	
6:00 pm Hula LBJ Park	6:00 pm Circuit Training Garza Park	6:30 pm Yoga LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park		Interval Training McAllister Park	
6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	6:30 pm Boot Camp LBJ Park	7:00 pm Interval Training Bonnie Conner Park		Boot Camp Encino Library	
6:30 pm Piloxing South Side Lions Park	6:00 pm Circuit Training Enrique Barrera FC	6:30 pm Boot Camp Garza Park	7:00 pm Zumba Jimmy Flores Park		Yoga Dorie Miller Park	
6:30 pm Boot Camp Garza Park	6:30 pm Cross Fit Highland Park	6:45 pm Zumba OP Schnabel Park	7:00 pm Zumba OP Schnabel Park		11:00 am Zumba Walzem YMCA	
6:30 pm Boot Camp Harlandale Park	Zumba Arnold Park	7:00 pm Conditioning Labor Street Park	7:00 pm Walk It Out Fitness Copernicus Park		11:30 am Body Combat Rosedale Park	
6:30 pm Boot Camp South San Park	Tae Bo Copernicus Park	7:00 pm Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park		Martial Arts Encino Library	
6:45 pm Circuit Training Woodlawn Lake Park	CrossFit Heritage Duck Pond	7:00 pm Body Combat Pittman-Sullivan Park	7:30 pm Boot Camp Palm Heights Park		12:00 pm Martial Arts Encino Library	
6:45 pm Zumba Barrera Fitness Center	Cross Fit Rainbow Hills Park	7:00 pm Volleyball Conditioning Copernicus Park	8:00 pm Hip Hop Dance LBJ Park		12:00 pm Body Combat Rosedale Park	
7:00 pm Core Training Perez Park	7:00 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Barrera Fitness Center			Martial Arts Encino Library	
7:00 pm Basketball Conditioning Copernicus Park	7:00 pm Interval Training Highland Park	7:15 pm Zumba Harlandale Park			12:30 pm Martial Arts Encino Library	
7:30 pm Cross Fit Woodlawn Lake Park	7:00 pm Cardio Kickboxing Heritage Duck Pond	7:30 pm CrossFit Ward Park			1:00 pm Walk It Out Fitness Copernicus Park	
7:30 pm Cross Fit Harlandale Park					Yoga Mission Library	
7:30 pm Boot Camp Palm Heights Park					Line Dancing Berta Almaguer	
					2:00 pm Basketball Conditioning Arnold Park	
					Circuit Training Mission Library	
					2:30 pm Boot Camp Palm Heights Park	
					3:00 pm Basketball Conditioning Arnold Park	
					3:30 pm Table Tennis Mission Library	

Monday February 15	Tuesday February 16	Wednesday February 17	Thursday February 18	Friday February 19	Saturday February 20	Sunday February 21
5:15 am Circuit Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	8:30 am Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	Zumba McAllister Park	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	Chair Volleyball Lackland Terrace Park	5:30 pm Circuit Training Labor Street Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	Hip Hop Dance Berta Almaguer Studio	11:00 am Circuit Training Hardberger Park West
9:00 am Low Impact Circuit West End Park	10:00 am Folklorico Berta Almaguer Studio	Family Fitness Frenzy Enrique Barrera FC	5:30 pm Walking Group Woodlawn Lake Park	Folklorico Granados Center	Cross Fit McAllister Park	Yoga Pan American Library
9:30 am Modified Tennis Granados Center	11:00 am Ballet Exercise Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Circuit Training Bonnie Conner Park	5:30 pm Boot Camp Palm Heights Park	9:30 am Boot Camp Hardberger Park East	12:00 pm Stretching Hardberger Park West
10:00 am Social Walk Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Cross Training Garza Park	5:30 pm Boot Camp Southside Lions Park	6:00 pm Zumba OP Schnabel Park	10:00 am Zumba Rosedale Park	
10:30 am Cross Fit West End Park	5:00 pm Circuit Training Heritage Duck Pond	Cardio Kickboxing Walker Ranch Park	6:00 pm Cross Training Garza Park	6:00 pm Rotengo Jesse James Leija Gym	Circuit Training McAllister Park	
10:30 am Pickleball Granados Park	Yoga Cuellar Park	Adult Tennis McFarlin Tennis Center	Tae Bo Copernicus Park	11:00 am Chair Yoga Dorie Miller Park	Cross Fit Monterrey Park	
5:00 pm Strength Cuellar Park	Kids Cross Fit Rainbow Hills Park	Yoga LBJ Park	6:30 pm Circuit Training Woodlawn Lake Park	Yoga Hardberger Park East	Low Impact Circuit Encino Library	
5:30 pm Walking Group Woodlawn Lake Park	5:30 pm Circuit Training Bonnie Conner Park	6:30 pm Boot Camp Garza Park	Interval Training Bonnie Conner Park	10:30 am Yoga Hardberger Park East	11:00 am Zumba Walzem YMCA	
6:00 pm Conditioning Cuellar Park	Belly Dancing Lions Field	Zumba Jimmy Flores Park	6:45 pm Zumba South Side Lions Park	11:00 am Body Pump Rosedale Park	Interval Training McAllister Park	
Hula LBJ Park	6:00 pm Cross Training Garza Park	Zumba OP Schnabel Park	7:00 pm Walk It Out Fitness Copernicus Park	11:30 am Yoga Dorie Miller Park	Boot Camp Encino Library	
Bailar es vivir Enrique Barrera FC	Circuit Training Enrique Barrera FC	Conditioning Labor Street Park	7:30 pm Cross Fit Woodlawn Lake Park	12:00 pm Body Combat Rosedale Park	11:30 am Yoga Dorie Miller Park	
Circuit Training Collins Garden Park	Cross Fit Highland Park	Interval Training Ward Park	7:30 pm Boot Camp Palm Heights Park	Martial Arts Encino Library	12:00 pm Body Combat Rosedale Park	
6:30 pm Piloxing South Side Lions Park	Zumba Arnold Park	Body Combat Pittman-Sullivan Park	8:00 pm Hip Hop Dance LBJ Park	12:30 pm Martial Arts Encino Library	Martial Arts Encino Library	
Boot Camp Garza Park	Tae Bo Copernicus Park	Volleyball Conditioning Copernicus Park		1:00 pm Walk It Out Fitness Copernicus Park	12:30 pm Martial Arts Encino Library	
Boot Camp Harlandale Park	CrossFit Heritage Duck Pond	Zumba Barrera Fitness Center		1:00 pm Yoga Mission Library	1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp South San Park	Cross Fit Rainbow Hills Park	7:00 pm Interval Training Walker Ranch Park		Line Dancing Berta Almaguer	Yoga Mission Library	
Circuit Training Woodlawn Lake Park	Interval Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park		2:00 pm Basketball Conditioning Arnold Park	Line Dancing Berta Almaguer	
Zumba OP Schnabel Park	7:00 pm Interval Training Highland Park	7:30 pm CrossFit Ward Park		2:30 pm Boot Camp Palm Heights Park	Basketball Conditioning Arnold Park	
6:45 pm Zumba Barrera Fitness Center	Cardio Kickboxing Heritage Duck Pond			3:00 pm Basketball Conditioning Arnold Park	Circuit Training Mission Library	
7:00 pm Low Impact Circuit Collins Garden Park				3:30 pm Table Tennis Mission Library	Boot Camp Palm Heights Park	
Basketball Conditioning Copernicus Park				4:00 pm Meditation Hardberger Park West	3:00 pm Basketball Conditioning Arnold Park	
7:30 pm Cross Fit Woodlawn Lake Park					3:30 pm Table Tennis Mission Library	
Cross Fit Harlandale Park					4:00 pm Meditation Hardberger Park West	
Boot Camp Palm Heights Park						

Weekly Schedule

February - March 2016

Monday February 29	Tuesday March 1	Wednesday March 2	Thursday March 3	Friday March 4	Saturday March 5	Sunday March 6
5:15 am Circuit Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	8:30 am Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	Zumba McAllister Park	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	Hip Hop Dance Berta Almaguer Studio	Cross Fit McAllister Park
9:00 am Low Impact Circuit West End Park	10:00 am Folklorico Berta Almaguer Studio	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Folklorico Granados Center	Belly Dancing Berta Almaguer Studio	Breast Cancer Pan American Library
9:30 am Modified Tennis Granados Center	11:00 am Ballet Exercise Berta Almaguer Studio	Circuit Training Labor Street Park	6:00 pm Circuit Training Bonnie Conner Park	5:30 pm Boot Camp Palm Heights Park	9:30 am Stroller Strides Hardberger Park East	Yoga Pan American Library
10:00 am Low-Impact Circuit Farman Library	1:00 pm Table Tennis Mission Library	Family Fitness Frenzy Enrique Barrera FC	6:00 pm Cross Training Garza Park	6:00 pm Zumba OP Schnabel Park	Boot Camp Hardberger Park East	12:00 pm Stretching Hardberger Park West
10:00 am Social Walk Lackland Terrace Park	5:00 pm Circuit Training Heritage Duck Pond	6:00 pm Bailar es vivir Enrique Barrera FC	6:30 pm Cardio Kickboxing Walker Ranch Park	6:00 pm Rotengo Jesse James Leija Gym	Zumba Rosedale Park	
10:30 am Pickleball Granados Park	5:30 pm Yoga Cuellar Park	Cross Training Garza Park	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park	Circuit Training McAllister Park	
5:00 pm Strength Cuellar Park	6:00 pm Kids Cross Fit Rainbow Hills Park	Cardio Kickboxing Walker Ranch Park	Yoga LBJ Park	Interval Training Bonnie Conner Park	Cross Fit Monterrey Park	
5:30 pm Walking Group Woodlawn Lake Park	5:30 pm Circuit Training Bonnie Conner Park	6:30 pm Boot Camp LBJ Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Circuit Training Woodlawn Lake Park	Chair Yoga Dorie Miller Park	
6:00 pm Conditioning Cuellar Park	6:00 pm Belly Dancing Lions Field	6:30 pm Boot Camp Garza Park	7:00 pm Interval Training Bonnie Conner Park	7:00 pm Walk It Out Fitness Copernicus Park	Yoga Hardberger Park East	
6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	7:00 pm Zumba Jimmy Flores Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Interval Training Ward Park	Zumba Walzem YMCA	
6:30 pm Circuit Training Collins Garden Park	6:30 pm Circuit Training Enrique Barrera FC	7:00 pm Zumba TBD	7:30 pm Boot Camp Palm Heights Park	7:30 pm Interval Training Ward Park	Body Pump Rosedale Park	
6:30 pm Piloxing South Side Lions Park	6:30 pm Cross Fit Highland Park	7:00 pm Conditioning Labor Street Park	8:00 pm Hip Hop Dance LBJ Park	7:30 pm Interval Training Ward Park	Interval Training McAllister Park	
6:30 pm Boot Camp Garza Park	6:30 pm Zumba Arnold Park	7:00 pm Interval Training Ward Park		7:30 pm Interval Training Ward Park	Boot Camp Encino Library	
6:30 pm Boot Camp Harlandale Park	6:30 pm Tae Bo Copernicus Park	7:00 pm Body Combat Pittman-Sullivan Park		7:30 pm Interval Training Ward Park	Yoga Dorie Miller Park	
6:30 pm Boot Camp South San Park	6:30 pm CrossFit Heritage Duck Pond	7:00 pm Volleyball Conditioning Copernicus Park		7:30 pm Interval Training Ward Park	11:30 am Yoga Dorie Miller Park	
6:30 pm Circuit Training Woodlawn Lake Park	6:30 pm Cross Fit Rainbow Hills Park	7:00 pm Zumba Barrera Fitness Center		7:30 pm Interval Training Ward Park	12:00 pm Body Combat Rosedale Park	
6:30 pm Zumba OP Schnabel Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	Martial Arts Encino Library	
6:30 pm Core Training Perez Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	Martial Arts Encino Library	
6:45 pm Zumba Barrera Fitness Center	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	12:00 pm Martial Arts Encino Library	
7:00 pm Low Impact Circuit Collins Garden Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	12:30 pm Martial Arts Encino Library	
7:00 pm Core Training Perez Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	1:00 pm Walk It Out Fitness Copernicus Park	
7:00 pm Basketball Conditioning Copernicus Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	Yoga Mission Library	
7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	Line Dancing Berta Almaguer	
7:30 pm Cross Fit Harlandale Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	2:00 pm Basketball Conditioning Arnold Park	
7:30 pm Boot Camp Palm Heights Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	Circuit Training Mission Library	
	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	Boot Camp Palm Heights Park	
	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	3:00 pm Basketball Conditioning Arnold Park	
	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	3:30 pm Table Tennis Mission Library	
	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba Harlandale Park		7:30 pm Interval Training Ward Park	4:00 pm Meditation Hardberger Park West	