

# March 2020



  
**Fitness in the park**  
[www.saparksandrec.com](http://www.saparksandrec.com)

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

 **@SAParksandRec**

**WEATHER HOTLINE (210) 207-3128**

 **CITY OF SAN ANTONIO  
PARKS & RECREATION**



# SPOTLIGHT

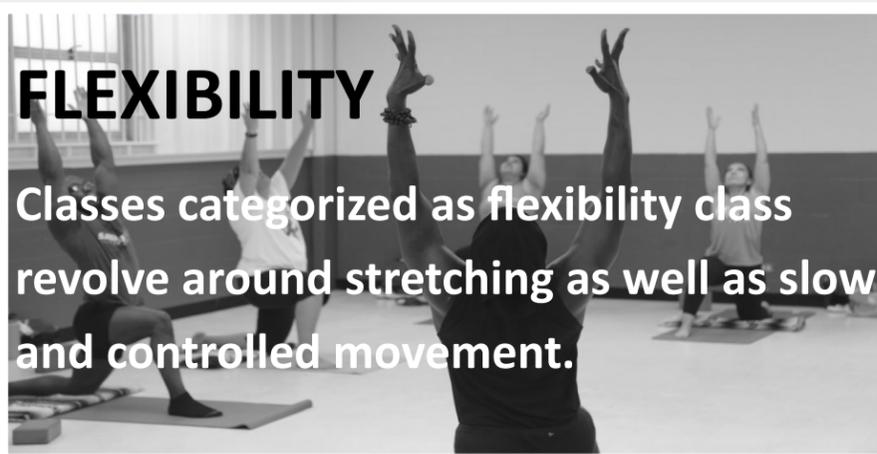
In order to better serve you, we have categorized targeted classes into several fitness disciplines.

This categorization will allow us to offer some substitutions when instructors are unavailable.

Check out our descriptions below to learn more.

## FLEXIBILITY

Classes categorized as flexibility class revolve around stretching as well as slow and controlled movement.



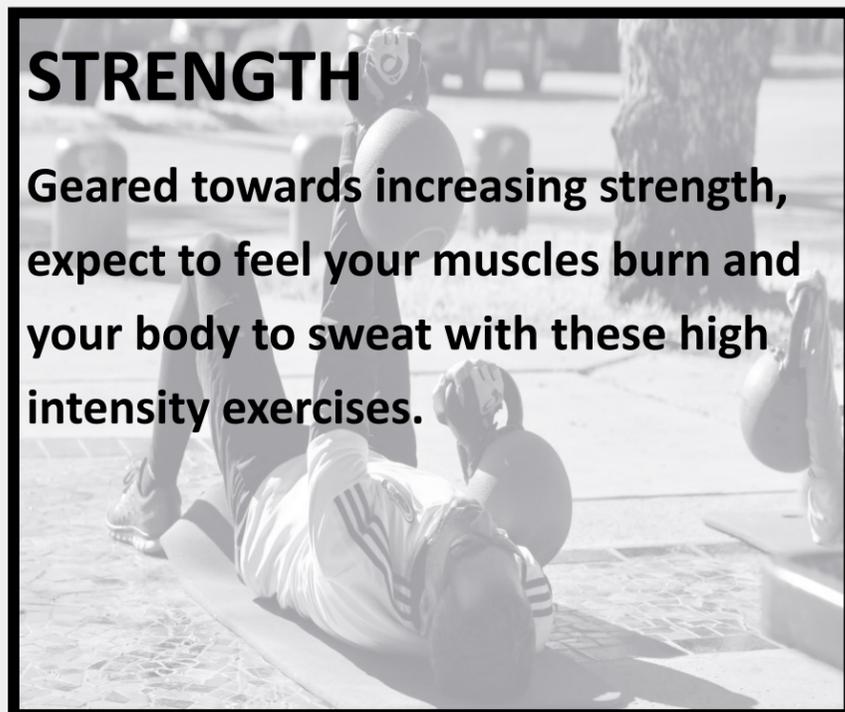
## CORE

Concerned about your posture? These exercises focus on working abdominal muscles and muscles around the torso.



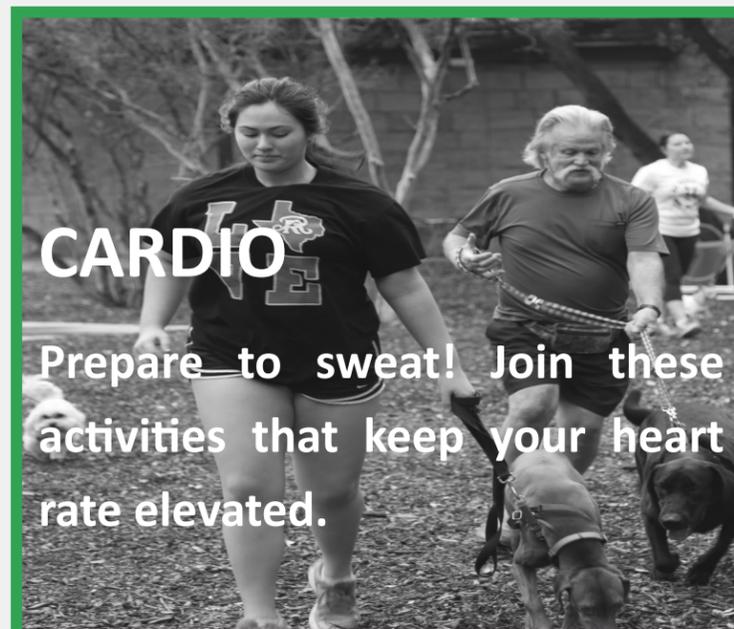
## STRENGTH

Geared towards increasing strength, expect to feel your muscles burn and your body to sweat with these high intensity exercises.



## CARDIO

Prepare to sweat! Join these activities that keep your heart rate elevated.



## LOW IMPACT

Need less intense options? These classes include more gentle movements that are effective on a variety of mobility and balance abilities.



Boot camp classes are designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body.

# BOOT CAMPS



Day	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Panther Springs Park	8:30 am	1 Hour	18 +	Outdoor	Mays Family YMCA of Stone Oak Front Desk	
Monday	Enrique Barrera Fitness Center	6:15 pm	1 Hour	18 +	Indoor	Fitness Center	
Monday	Woodlawn Lake Park	6:30 pm	1 Hour	18 +	Indoor	Woodlawn Lake Gym	
Tuesday	Travis Park	5:30 pm	1 Hour	10 +	Outdoor	Park Lawn	
Tuesday	Garza Park	6:30 pm	1 Hour	18 +	Indoor	Community Center Gym	
Wednesday	Panther Springs Park	8:30 am	1 Hour	18 +	Outdoor	Mays Family YMCA of Stone Oak Front Desk	
<b>NEW</b> Thursday	Arnold Park	6:00 pm	1 hour	18 +	Indoor	Ramirez Community Center	
Thursday	Phillis Wheatley Park	6:00 pm	1 Hour	18 +	Outdoor	Pavilion	
Thursday	O.P. Schnabel Park	6:30 pm	1 Hour	18 +	Outdoor	Graff Pavilion	
Friday	Labor Street Park	9:00 am	1 Hour	18 +	Outdoor	Outdoor Fitness Stations	No class on 3/13
Saturday	Pearsall Park	9:00 am	1 Hour	10 +	Outdoor	Fitness Challenge Zone	No class 3/14
Sunday	Phil Hardberger Park East	10:00 am	1 Hour	18 +	Outdoor	Playground	No class 3/15

Fitness discipline: **STRENGTH**



# S.P.E.A.R.

SPEAR (Strength Power Endurance and Resistance) training classes follow the CrossFit methodology and include constantly varied functional movements performed at high intensity. The exercises are core strength and conditioning based with workouts being task or time based. These movements reflect the best aspects of gymnastics, weightlifting, running, throwing, and more. This fitness discipline is diverse and productive. These exercises are designed for all fitness levels! Classes instructed by a CF-L1 Trainer.

Day	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place
Wednesday	Joe Ward Park	7:30 pm	1 hour	18 +	Indoor	Joe Ward Community Center
Thursday	Woodlawn Lake Park	6:30 pm	1 hour	18 +	Indoor	Woodlawn Lake Park Gym
Saturday	McAllister Park	9:00 am	1 hour	10 +	Outdoor	Turkey Roost Pavilion

Day	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Walker Ranch Park	6:00 am	30 minutes	18 +	Outdoor	Pavilion	
Tuesday	Enrique Barrera Fitness Center	12:00 pm	30 minutes	18 +	Indoor	Fitness Center	
Tuesday	Bonnie Conner Park	6:30 pm	30 minutes	10 +	Outdoor	Igo Library parking lot	
Wednesday	Joe Ward Park	6:30 pm	45 minutes	18 +	Indoor	Joe Ward Community Center	
Wednesday	Walker Ranch Park	7:00 pm	45 minutes	18 +	Outdoor	Pavilion	
Thursday	Woodlawn Lake Park	7:30 pm	45 minutes	18 +	Indoor	Woodlawn Lake Park Gym	
Sunday	Phil Hardberger Park West	9:00 am	45 minutes	18 +	Outdoor	Outdoor basketball courts	No class 3/1

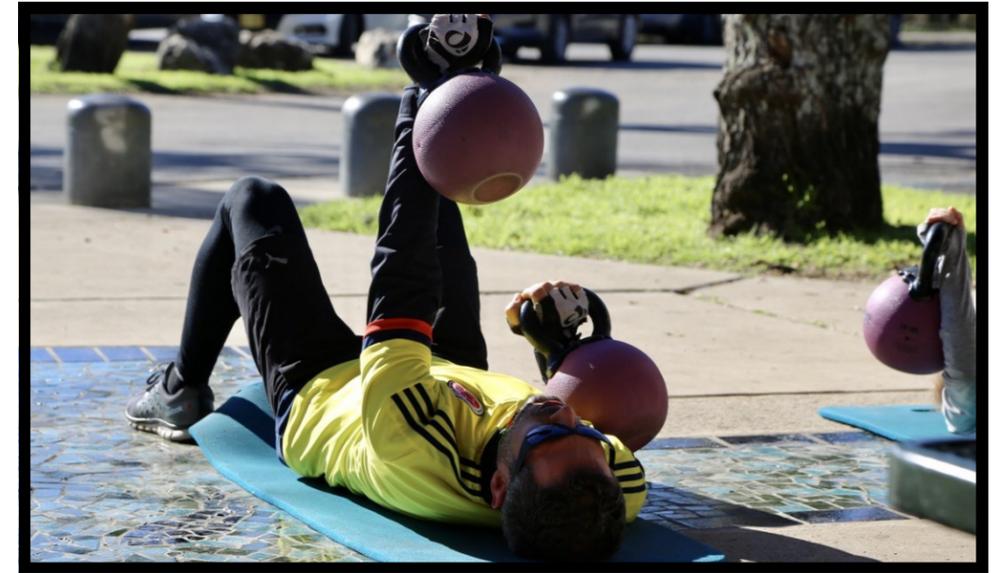
Interval Training includes many of the same movements that comprise a boot camp or circuit training session. Interval training is unique due to the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout.

# Interval Training

Fitness discipline: **STRENGTH**

# Circuit Training

Circuit Training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise “Circuit” refers to one completion of all prescribed exercises in the program.



Day	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Walker Ranch Park	5:15 am	30 minutes	18 +	Outdoor	Pavilion	
Monday	Lou Kardon Park	8:45 am	45 minutes	18 +	Outdoor	Playground	
Tuesday	Comanche Lookout Park	1:00 pm	45 minutes	18 +	Indoor	Julia Yates Semmes Library	No class 3/10
Tuesday	Bonnie Conner Park	5:30 pm	1 hour	10 +	Outdoor	Igo Library parking lot	
Tuesday	Enrique Barrera Fitness Center	6:00 pm	1 hour	18 +	Indoor	Fitness Center	
Wednesday	Lou Kardon Park	8:45 am	45 minutes	18 +	Outdoor	Playground	
Thursday	Encino Library	1:00 pm	45 minutes	18 +	Indoor	Encino Library	No class 3/12
Thursday	Enrique Barrera Fitness Center	6:00 pm	1 hour	18 +	Indoor	Fitness Center	
Thursday	Palm Heights Park	6:00 pm	1 hour	10 +	Indoor	Palm Heights Community Center	No class 3/12
Thursday	Comanche Lookout Park	6:00 pm	1 hour	6 +	Indoor	Julia Yates Semmes Library	Family workout class No class 3/5 & 3/19
Friday	Normoyle Park	2:00 pm	1 hour	18 +	Outdoor	FitLot outdoor fitness park	
Friday	San Pedro Springs Park	5:30 pm	1 hour	18 +	Outdoor	Playground	No class 3/13
Saturday	McAllister Park	10:00 am	1 hour	10 +	Outdoor	Turkey Roost Pavilion	
Saturday	Pearsall Park	10:00 am	1 hour	13 +	Outdoor	Fitness Challenge Zone	Class uses the Adventure Course No class 3/14

Fitness discipline: **STRENGTH**

# More Strength Classes

Barre Fitness classes use a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. The barre (or chair) is used as a prop to balance while performing exercises that focus on isometric strength training (holding your body still while you contract a specific group of muscles).

Strength & Conditioning at the District 2 Senior Center is designed for the special needs of active older adults. Class exercises will help to improve physical strength, core strength, balance, agility, and cardiovascular endurance.

Total Body Toning is a high intensity class using both strength training and cardio exercises to tone the major muscle groups. Although we have some dumbbells and mats on hand you are welcome to bring your own.

Cross Training classes utilize different types of exercises to provide variety and fight the boredom of completing the same exercises day in and day out!

Fitball Toning and Stability Ball Fitness classes will have participants utilizing a stability ball to perform various exercises designed to yield a total body workout.



Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Barre Fitness	Great Northwest Library	12:00 pm	1 hour	18 +	Indoor	Great Northwest Library	
Monday	Strength & Conditioning	District 2 Senior Center	1:00 pm	1 hour	60 +	Indoor	District 2 Senior Center	
<b>NEW</b> Monday	Total Body Toning	Lackland Terrace Park	4:00 pm	1 hour	18 +	Indoor	Gill Community Center	
Monday	Butts & Guts	Elmendorf Lake Park	6:00 pm	1 hour	18 +	Outdoor	Parking lot by the outdoor restrooms	
Monday	Cross Training	Garza Park	6:30 pm	1 hour	18 +	Indoor	Garza Community Center	
Tuesday	Stability Ball Fitness	Lions Field	5:30 pm	45 minutes	18 +	Indoor	Lions Field Adult & Senior Center	
Tuesday	Total Body Toning	Granados Park	5:30 pm	1 hour	18 +	Indoor	Granados Adult & Senior Center	
Wednesday	Strength & Conditioning	District 2 Senior Center	1:00 pm	1 hour	60 +	Indoor	District 2 Senior Center	
Wednesday	Cross Training	Garza Park	6:30 pm	1 hour	18 +	Indoor	Garza Community Center	

Fitness discipline: **STRENGTH**

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# More Strength Classes

Butts & Guts is a high intensity workout with core exercises focused on strengthening the midsection area as well as the gluteal and hamstring muscles. This class is designed to slim guts and strengthen butts.

Lower Body Blast is a 30 minute class using circuit and interval formats targeting all the muscles of the lower body.

Stroller Strides 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. Each 60 minute class is a total body conditioning workout designed for moms with kids in a stroller.

Designed for all fitness levels, LES MILLS BODYPUMP uses barbells with adjustable weights to work every major muscle group in the body. BODYPUMP combines motivating music and energetic instructors for a workout that strengthens, tones, and defines the body.

Go Fetch Run offers a great total-body conditioning program for you and a stimulating, exciting experience for your dog! Go Fetch Run uses a Cross Training fitness program that combines strength, agility, and cardio in a high-energy class that also engages your dog both mentally and physically.



Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Thursday	Total Body Toning	Granados Park	5:30 pm	1 hour	18 +	Indoor	Granados Adult & Senior Center	
Thursday	Butts & Guts	Lady Bird Johnson Park	6:00 pm	1 hour	18 +	Indoor	Lou Hamilton Community Center	No class 3/12
Thursday	Fit Ball Toning	Enrique Barrera Fitness Center	6:15 pm	45 minutes	18 +	Indoor	Fitness Center	
Thursday	Lower Body Blast	O.P. Schnabel Park	7:30 pm	30 minutes	18 +	Outdoor	Graff Pavilion	
Friday	Stroller Strides	Northridge Park	9:30 am	1 hour	18 +	Outdoor	Pavilion	For cancellations please call (210) 247-8820
Saturday	BODYPUMP	Rosedale Park	11:00 am	1 hour	18 +	Indoor	Westside YMCA front desk	
Sunday	Go Fetch Run	Phil Hardberger Park East	9:00 am	1 hour	18 +	Outdoor	Center island near the picnic tables	Class held on 3/8 Workout with your dog

Fitness discipline: **STRENGTH**

# Low Impact

Low Impact workouts are a great way to get active while reducing the risk of injury. Low Impact Circuit Training classes are easier on the body, especially the joints, while offering a great full body workout.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Low Impact Circuit Training	Parman Library	10:30 am	45 minutes	18 +	Indoor	Parman Library	No class 3/9
Tuesday	Chair Exercises	Lackland Terrace Park	10:00 am	45 minutes	18 +	Indoor	Gill Community Center	
Tuesday	Low Impact Circuit Training	Granados Park	12:30 pm	1 hour	18 +	Indoor	Granados Adult & Senior Center	No class 3/17
Thursday	Chair Exercises	Lackland Terrace Park	10:00 am	45 minutes	18 +	Indoor	Gill Community Center	
Thursday	Low Impact Circuit Training	Granados Park	12:30 pm	1 hour	18 +	Indoor	Granados Adult & Senior Center	
Friday	Strength & Balance	Lackland Terrace Park	10:00 am	1 hour	18 +	Indoor	Gill Community Center	No class 3/6



Fitness discipline: **LOW IMPACT**

# Core Training

Core Training classes will blast your abs by performing specific exercises to strengthen the muscles.

Core Rhythms is an energy packed abdominal workout with movement based around the beat of the music.



Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Core Training	Parman Library	11:30 am	30 minutes	18 +	Indoor	Parman Library	No class 3/9
Monday	Core Training	Great Northwest Library	1:00 pm	30 minutes	18 +	Indoor	Great Northwest Library	
Monday	Core/Respiratory Endurance	Woodlawn Lake Park	7:30 pm	45 minutes	18 +	Indoor	Woodlawn Lake Park Gym	
Tuesday	Core Rhythms	Harlandale Park	6:00 pm	45 minutes	18 +	Indoor	Harlandale Community Center	
Tuesday	Equilibrium	Bonnie Conner Park	7:00 pm	30 minutes	10 +	Outdoor	Igo Library parking lot	
Thursday	Core Rhythms	Southside Lions Park	6:00 pm	45 minutes	18 +	Indoor	Southside Lions Community Center	No class 3/12
Thursday	Core Training	Phillis Wheatley Park	7:00 pm	30 minutes	18 +	Outdoor	Pavilion	
Thursday	Core Training	O.P. Schnabel Park	8:00 pm	30 minutes	18 +	Outdoor	Graff Pavilion	
Saturday	Core Rhythms	Lady Bird Johnson Park	10:45 am	45 minutes	18 +	Indoor	Lou Hamilton Community Center	No class 3/14
Saturday	Core Training	Pearsall Park	11:00 am	45 minutes	13 +	Outdoor	Fitness Challenge Zone	No class 3/14
Sunday	Core Training	Phil Hardberger Park East	11:00 am	45 minutes	18 +	Outdoor	Playground	No class 3/15

Fitness discipline: **CORE**



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# Aqua Fitness

Aqua Fitness classes include the exciting pool party you don't want to miss, Aqua Zumba. We also have the intense in full body workout of Aqua Boot Camp. Aqua Boot Camp classes will include exercises in and out of water. Water Aerobics is a low impact workout, in shallow water, using the resistance of the water to produce a full body workout. We also have Lap Swimming and Water Walking opportunities.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Lap Swimming	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Lap pool	
Monday	Water Walking	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Recreation pool	
Monday	Lap Swimming	San Antonio Natatorium	11:00 am	1 hour	18 +	Indoor	Lap pool	
Tuesday	Lap Swimming	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Lap pool	
Tuesday	Water Walking	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Recreation pool	
Tuesday	Aqua Boot Camp	San Antonio Natatorium	11:30 am	1 hour	18 +	Indoor	Diving well	
Wednesday	Lap Swimming	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Lap pool	
Wednesday	Water Walking	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Recreation pool	
Wednesday	Water Aerobics	San Antonio Natatorium	12:00 pm	1 hour	18 +	Indoor	Recreation pool	No class 3/11
Wednesday	Water Aerobics	San Antonio Natatorium	5:45 pm	1 hour	18 +	Indoor	Recreation pool	
Thursday	Lap Swimming	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Lap pool	
Thursday	Water Walking	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Recreation pool	
Thursday	Aqua Boot Camp	San Antonio Natatorium	11:30 am	1 hour	18 +	Indoor	Diving well	
Friday	Lap Swimming	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Lap pool	
Friday	Water Walking	San Antonio Natatorium	10:00 am	1 hour	60 +	Indoor	Recreation pool	
Friday	Water Aerobics	San Antonio Natatorium	12:00 pm	1 hour	18 +	Indoor	Recreation pool	No class 3/13
Saturday	Aqua Zumba	San Antonio Natatorium	1:00 pm	1 hour	18 +	Indoor	Recreation pool	

# Yoga

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and strengthen respiratory functions.

Fitness discipline: **FLEXIBILITY**



Day	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Elmendorf Lake Park	7:00 pm	1 hour	18 +	Outdoor	Parking lot by the outdoor restrooms	
Tuesday	Enrique Barrera Fitness Center	12:45 pm	30 minutes	18 +	Indoor	Fitness Center	No class 3/24
Tuesday	Comanche Lookout Park	2:00 pm	1 hour	18 +	Indoor	Julia Yates Semmes Library	No class 3/10
Tuesday	Cuellar Park	5:00 pm	1 hour	18 +	Indoor	Cuellar Community Center	No class 3/10
Wednesday	Doris Griffin Senior Center	10:00 am	1 hour	60 +	Indoor	Doris Griffin Senior Center	
Wednesday	Enrique Barrera Fitness Center	12:00 pm	1 hour	18 +	Indoor	Fitness Center	
Wednesday	District 2 Senior Center	2:00 pm	1 hour	60 +	Indoor	District 2 Senior Center	
Thursday	Enrique Barrera Fitness Center	12:45 pm	30 minutes	18 +	Indoor	Fitness Center	
Thursday	Encino Library	2:00 pm	1 hour	12 +	Indoor	Encino Library	No class 3/12
Thursday	Lady Bird Johnson Park	7:00 pm	1 hour	18 +	Indoor	Lou Hamilton Community Center	No class 3/12
Friday	District 2 Senior Center	8:30 am	1 hour	60 +	Indoor	District 2 Senior Center	
Friday	Municipal Plaza	11:30 am	1 hour	18 +	Indoor	On the Mezzanine	No class 3/13
Friday	Schaefer Library	1:30 pm	1 hour	18 +	Indoor	Schaefer Library	No class 3/13
Friday	Dorie Miller Park	10:30 am	1 hour	18 +	Indoor	Dorie Miller Community Center	Chair Yoga
Saturday	Dorie Miller Park	11:30 am	1 hour	18 +	Indoor	Dorie Miller Community Center	
Sunday	Dignowity Park	10:00 am	1 hour	18 +	Outdoor	Center of the park	
Sunday	Phil Hardberger Park West	10:00 am	1 hour	18 +	Outdoor	Outdoor basketball courts	No class 3/1
Sunday	Pan American Library	11:00 am	1 hour	18 +	Indoor	Pan American Library	

# Zen & Stretching

Ease your mind, stretch your muscles, and learn to control your breathing with our assortment of calming classes that help you increase your flexibility.

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

**Tai Chi** was originally developed for self-defense, and has now evolved into a graceful form of exercise. Tai Chi involves a continuous series of controlled usually slow movements designed to improve physical and mental well-being. Often described as meditation in motion, Tai Chi is a great low impact exercise for the mind and body!

Fitness discipline: **FLEXIBILITY**



Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place
Monday	Tai Chi	Bob Ross Senior Center	10:00 am	1 hour	60 +	Indoor	Bob Ross Senior Center
Monday	Senior Stretching	Doris Griffin Senior Center	2:00 pm	45 minutes	60 +	Indoor	Doris Griffin Senior Center
Tuesday	Tai Chi	Doris Griffin Senior Center	8:30 am	1 hour	60 +	Indoor	Doris Griffin Senior Center
Wednesday	Tai Chi	Bob Ross Senior Center	10:00 am	1 hour	60 +	Indoor	Bob Ross Senior Center
Wednesday	Senior Stretching	Doris Griffin Senior Center	2:00 pm	45 minutes	60 +	Indoor	Doris Griffin Senior Center
Friday	Tai Chi	Doris Griffin Senior Center	8:30 am	1 hour	60 +	Indoor	Doris Griffin Senior Center
<b>NEW</b> Friday	Tai Chi	Mission Library	10:30 am	1 hour	18 +	Indoor	Mission Library
Friday	Qigong	Pan American Library	11:00 am	1 hour	18 +	Indoor	Pan American Library
Friday	Senior Stretching	Doris Griffin Senior Center	2:00 pm	45 minutes	60 +	Indoor	Doris Griffin Senior Center
Saturday	<b>BODYFLOW</b>	Rosedale Park	12:00 pm	1 hour	18 +	Indoor	Westside YMCA front desk



# 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 dancing, World Dance, Folklorico, Flamenco, Belly Dance, Ballet, and Hula Dance. We have something for everyone. Child & Me is a family and child dance fitness class. Participants will have fun executing different styles of dance together. This class is designed for children 4-6 years old accompanied by an adult.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Folkloric Fitness	Commander's House	10:00 am	1 hour	18 +	Indoor	Commander's House Adult & Senior Center	No class 3/9
Monday	Flamenco	Commander's House	11:00 am	1 hour	18 +	Indoor	Commander's House Adult & Senior Center	No class 3/9
Monday	Hula Dance	Lady Bird Johnson Park	6:00 pm	1 hour	6 +	Indoor	Lou Hamilton Community Center	
Monday	Line Dancing	Granados Park	6:00 pm	1 hour	18 +	Indoor	Granados Adult & Senior Center	
Monday	Hip Hop Dance	Copernicus Park	7:15 pm	90 minutes	18 +	Outdoor	Playground	
Tuesday	Line Dancing	District 2 Senior Center	1:00 pm	1 hour	60 +	Indoor	District 2 Senior Center	
Tuesday	Ballet Exercise	Woodlawn Lake Park	3:00 pm	1 hour	18 +	Indoor	Berta Almaguer Dance Studio	No class 3/10
Wednesday	Folkloric Fitness	Lions Field	9:30 am	1 hour	18 +	Indoor	Lions Field Adult & Senior Center	No class 3/11
Wednesday	Flamenco	Lions Field	10:30 am	1 hour	18 +	Indoor	Lions Field Adult & Senior Center	No class 3/11
Wednesday	Belly Dance	Granados Park	1:15 pm	45 minutes	18 +	Indoor	Granados Adult & Senior Center	No class 3/11
Wednesday	Folklorico	Granados Park	2:00 pm	45 minutes	18 +	Indoor	Granados Adult & Senior Center	No class 3/11
Wednesday	Hula Dance	Lady Bird Johnson Park	6:00 pm	1 hour	6 +	Indoor	Lou Hamilton Community Center	
Wednesday	Hip Hop Dance	Copernicus Park	7:15 pm	90 minutes	18 +	Indoor	Copernicus Community Center	
Thursday	Line Dancing	Lions Field	9:30 am	1 hour	18 +	Indoor	Lions Field Adult & Senior Center	Beginner level
Thursday	Line Dancing	Lions Field	10:30 am	1 hour	18 +	Indoor	Lions Field Adult & Senior Center	Improved level
Thursday	Line Dancing	Commander's House	11:00 am	1 hour	18 +	Indoor	Commander's House Adult & Senior Center	
Thursday	Line Dancing	Lions Field	11:30 am	1 hour	18 +	Indoor	Lions Field Adult & Senior Center	Intermediate level
Thursday	Line Dancing	District 2 Senior Center	1:00 pm	1 hour	60 +	Indoor	District 2 Senior Center	
Thursday	Belly Dance	Woodlawn Lake Park	1:00 pm	1 hour	18 +	Indoor	Berta Almaguer Dance Studio	No class 3/12
Thursday	Child & Me Dance Fitness	Woodlawn Lake Park	2:00 pm	1 hour	18 +	Indoor	Berta Almaguer Dance Studio	No class 3/12
Thursday	Line Dancing	West End Park	6:00 pm	1 hour	18 +	Indoor	Frank Garrett Multi-Service Center	No class 3/12
Thursday	World Dance	Joe Ward Park	6:30 pm	1 hour	18 +	Indoor	Joe Ward Community Center	
Thursday	Hip Hop Dance	Copernicus Park	7:15 pm	90 minutes	18 +	Indoor	Copernicus Community Center	No class 3/12
Friday	Folklorico	Woodlawn Lake Park	3:00 pm	1 hour	18 +	Indoor	Berta Almaguer Dance Studio	No class 3/13

# Zumba

Working out doesn't feel like work when you're having fun. Dance, through Zumba, is a fun and engaging exercise that allows you to burn calories, improve tone and increase your endurance. Our Zumba classes always feel like a party. Join us and party yourself into shape.



Day	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Southside Lions Park	6:00 pm	1 hour	10 +	Indoor	Southside Lions Community Center	No class 3/16
Tuesday	Commander's House	10:00 am	1 hour	18 +	Indoor	Commander's House Adult & Senior Center	Zumba Gold
Tuesday	Harlandale Park	7:00 pm	1 hour	10 +	Indoor	Harlandale Community Center	
Wednesday	Palm Heights Park	6:00 pm	1 hour	18 +	Indoor	Palm Heights Community Center	No class 3/11 Zumba Gold
Wednesday	Garza Park	6:30 pm	1 hour	10 +	Indoor	Garza Community Center	Hosted by Community 1st Health Plans
Wednesday	Southside Lions Park	6:30 pm	1 hour	10 +	Indoor	Southside Lions Community Center	No class 3/11
Wednesday	Lions Field	6:30 pm	1 hour	18 +	Indoor	Lions Field Adult & Senior Center	
Wednesday	Lady Bird Johnson Park	7:00 pm	1 hour	18 +	Indoor	Lou Hamilton Community Center	
Thursday	West End Park	6:45 pm	1 hour	10 +	Indoor	Frank Garrett Multi Service Center	Hosted by Community 1st Health Plans
Thursday	Southside Lions Park	7:00 pm	1 hour	10 +	Indoor	Southside Lions Community Center	Partnership with Community 1st Health Plans No class 3/12
Friday	Harvey E. Najim Family YMCA	6:00 pm	1 hour	18 +	Indoor	Harvey E. Najim Family YMCA front desk	
Friday	O.P. Schnabel Park	6:00 pm	1 hour	10 +	Indoor	YMCA at O.P. Schnabel Park front desk	
Saturday	Lady Bird Johnson Park	9:30 am	1 hour	10 +	Indoor	Lou Hamilton Community Center	No class 3/14 Partnership with Community First Health Plans
Saturday	Rosedale Park	10:00 am	1 hour	10 +	Indoor	Westside YMCA front desk	
Sunday	Parman Library	12:30 pm	1 hour	18 +	Indoor	Parman Library	



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# Cardio

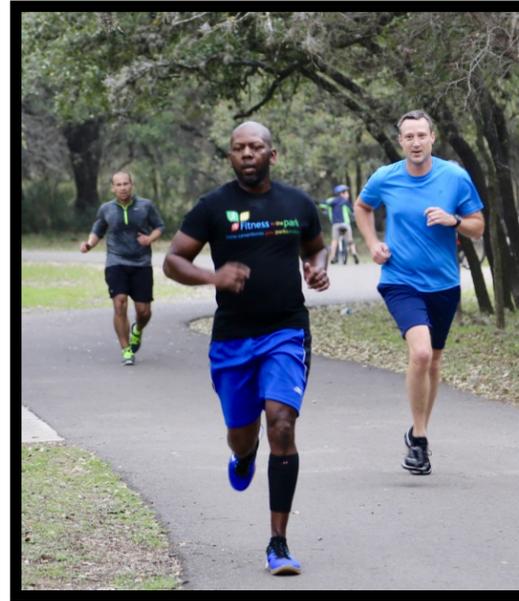
Our Cardio classes include the high energy, non-contact Cardio Kickboxing, Cardio X, Boxing Conditioning, Cycle, Fitness Drumming, and BODY-COMBAT.

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

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Cardio X	Enrique Barrera Fitness Center	5:30 pm	45 minutes	18 +	Indoor	Fitness Center	
<b>NEW</b> Tuesday	Fitness Drumming	Lackland Terrace Park	2:00 pm	1 hour	18 +	Indoor	Gill Community Center	
Tuesday	Cardio Kickboxing / Body Sculpting	Garza Park	5:15 pm	1 hour	18 +	Indoor	Garza Community Center	No class 3/10 & 3/31
<b>NEW</b> Wednesday	Fitness Drumming	Granados Park	5:15 pm	1 hour	18 +	Indoor	Granados Adult & Senior Center	
Wednesday	Cycle	Pittman-Sullivan Park	5:30 pm	1 hour	18 +	Indoor	Davis-Scott YMCA front desk	
Wednesday	Cardio Kickboxing	Walker Ranch Park	6:00 pm	45 minutes	18 +	Outdoor	Pavilion	
<b>NEW</b> Wednesday	Boxing Conditioning	Lincoln Park	6:30 pm	1 hour	8 +	Indoor	Lincoln Community Center	
Thursday	Fitness Drumming	Lackland Terrace Park	2:00 pm	1 hour	18 +	Indoor	Gill Community Center	
Thursday	Cardio Kickboxing / Body Sculpting	Garza Park	5:15 pm	1 hour	18 +	Indoor	Garza Community Center	No class 3/12
Sunday	BODYCOMBAT	Mays Family YMCA at Potranco	2:15 pm	1 hour	18 +	Indoor	Front Desk	

Fitness discipline: **CARDIO**





# Fitness Groups

Our fitness groups include biking, running, and walking groups that are welcome to all ability levels. Run SA Youth is a non-profit organization that provides incentivized running programs to youth in order to encourage physical activity and wellness. All Run SA Youth classes are for youth aged 6 - 12 years, noncompetitive, and open to all levels.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Run SA Youth 5K Training	Mission Marquee Plaza	6:30 pm	1 hour	6—12	Outdoor	Open sports field	Classes start on 3/23
Tuesday	Run SA Youth 5K Training	Kennedy Park	6:30 pm	1 hour	6—12	Outdoor	Open sports field	Classes start on 3/24
Wednesday	Run SA Youth 5K Training	Mission Marquee Plaza	6:30 pm	1 hour	6—12	Outdoor	Open sports field	Classes start on 3/25
Thursday	Run SA Youth 5K Training	Kennedy Park	6:30 pm	1 hour	6—12	Outdoor	Open sports field	Classes start on 3/26
Thursday	STORM Dirt Trail Ride	McAllister Park	6:30 pm	1 hour	18 +	Outdoor	Turkey Roost Pavilion	<a href="https://stormmtb.org">https://stormmtb.org</a> for more info
Saturday	Troop Trek	McAllister Park	8:00 am	45 minutes	18 +	Outdoor	Turkey Roost Pavilion	3/7 & 3/21 only
Sunday	Trail Run	Phil Hardberger Park East	9:00 am	45 minutes	18 +	Outdoor	Playground	No class 3/15

**WEATHER HOTLINE (210) 207-3128**

# More Fitness Groups

WEATHER HOTLINE (210) 207-3128

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Social Walk	Lackland Terrace Park	8:30 am	1 hour	18 +	Outdoor	Gill Community Center	
Monday	Making Strides	Woodlawn Lake Park	5:30 pm	45 minutes	10 +	Outdoor	Woodlawn Lake Park Gym	
Tuesday	Walking Group	Commander's House	8:30 am	1 hour	18 +	Outdoor	Commander's House Adult & Senior Center	
Tuesday	Walking Group	Miller's Pond Park	6:00 pm	1 hour	10 +	Outdoor	Miller's Pond Community Center	
Tuesday	Walking Group	Harlandale Park	6:00 pm	1 hour	10 +	Outdoor	Harlandale Community Center	
Tuesday	Flashlight Walk	Lions Field	6:30 pm	1 hour	18 +	Outdoor	Lions Field Adult & Senior Center	
Wednesday	Walking Group	Copernicus Park	6:00 pm	1 hour	10 +	Outdoor	Copernicus Community Center	
Thursday	Walking Group	Commander's House	8:30 am	1 hour	18 +	Outdoor	Commander's House Adult & Senior Center	
Thursday	Making Strides	Woodlawn Lake Park	5:30 pm	45 minutes	10 +	Outdoor	Woodlawn Lake Park Gym	
Thursday	Walking Group	Miller's Pond Park	6:00 pm	1 hour	10 +	Outdoor	Miller's Pond Community Center	
Thursday	Walking Group	Harlandale Park	6:00 pm	1 hour	10 +	Outdoor	Harlandale Community Center	
Saturday	Go365 Walk	Pearsall Park	8:30 am	2 hours	Family	Outdoor	Pavilion	Walk held on 3/14
Saturday	Walk with a Doc	Arnold Park	9:00 am	1 hour	Family	Outdoor	On the track	CentroMed walk held 3/14
Saturday	Walk with a Doc	Southside Lions Park East	10:00 am	1 hour	Family	Outdoor	Pavilion #2	South Alamo Medical Group walk held 3/21
Saturday	Walk with a Doc	Lou Kardon Park	9:00 am	1 hour	Family	Outdoor	Playground	CentroMed walk held 3/28



# Just for Kids



Fitness in the Park is proud to offer free exercise classes specifically designed for kids. Our youth fitness classes are so fun, kids won't even realize they're working out! There will be no fill in for these types of classes. Our Home School PE is open for all!

Sports Conditioning classes will consist of basketball and volleyball drills designed to help improve athletic performance.



Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Advanced Sports Conditioning	Arnold Park	6:00 pm	2 hours	11—17	Outdoor	Arnold Park sports field	
Tuesday	Advanced Sports Conditioning	Arnold Park	6:00 pm	2 hours	11—17	Outdoor	Arnold Park sports field	
Tuesday	Volleyball Conditioning	Palm Heights Park	6:00 pm	1 hour	13—17	Indoor	Palm Heights Community Center	No class 3/10
Wednesday	Beginner Sports Conditioning	Arnold Park	6:00 pm	2 hours	11—17	Outdoor	Arnold Park Sports Field	
Thursday	Beginner Sports Conditioning	Arnold Park	6:00 pm	2 hours	11—17	Outdoor	Arnold Park Sports Field	
Friday	Home School PE	Enrique Barrera Fitness Center	1:00 pm	1 hour	4—17	Indoor	Fitness Center	
Saturday	STORM Kidz Bike Ride	McAllister Park	10:00 am	1 hour	6—17	Outdoor	Field near dog park	Class held on 3/7
Saturday	Volleyball Conditioning	Joe Ward Park	10:00 am	2 hours	11—13	Indoor	Joe Ward Community Center	No class 3/7
Saturday	Volleyball Conditioning	Arnold Park	10:00 am	1 hour	14—17	Indoor	Ramirez Community Center	
Saturday	Volleyball Conditioning	Joe Ward Park	12:00 pm	2 hours	14—17	Indoor	Joe Ward Community Center	No class 3/7
Saturday	Sports Conditioning	Arnold Park	2:00 pm	1 hour	11—13	Indoor	Ramirez Community Center	
Saturday	Sports Conditioning	Arnold Park	3:00 pm	1 hour	14—17	Indoor	Ramirez Community Center	





# 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 (SATA) are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try table tennis or pickleball.



Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Pickleball	Granados Park	10:30 am	1 hour	18 +	Indoor	Granados Adult & Senior Center	
Tuesday	Table Tennis	Mission Library	1:00 pm	2 hours	18 +	Indoor	Mission Library	
Thursday	Table Tennis	Mission Library	1:00 pm	2 hours	18 +	Indoor	Mission Library	
Thursday	San Pedro Springs Park	Beginner Tennis	6:00 pm	90 minutes	6 +	Outdoor	McFarlin Tennis Center courts 17—19	Hosted by SATA
Saturday	Pickleball	Lady Bird Johnson Park	9:00 am	4 hours	10 +	Indoor	Lou Hamilton Community Center	
Saturday	Pickleball	Woodard Park	10:00 am	1 hour	10 +	Indoor	Woodard Community Center	
Saturday	Table Tennis	Mission Library	3:00 pm	2 hours	18 +	Indoor	Mission Library	



**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 classes.**

**The Following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:**

- **Boot Camp**  
Woodlawn Lake Park
- **Circuit Training**  
Bonnie Conner Park  
Lou Kardon Park  
McAllister Park
- **Interval Training**  
Bonnie Conner Park  
Joe Ward Park  
Woodlawn Lake Park
- **SPEAR**  
McAllister Park  
Woodlawn Lake Park  
Joe Ward Park
- **Walking / Running Group**  
Woodlawn Lake Park  
McAllister Park
- **Yoga**  
Cuellar Park  
Dignowity Park
- **Core Training**  
Bonnie Conner Park  
Woodlawn Lake Park



# Weekly Schedule

# February - March 2020

Monday February 24	Tuesday February 25	Wednesday February 26	Thursday February 27	Friday February 28	Saturday February 29	Sunday March 1
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center	8:30 am Boot Camp Panther Springs Park	8:30 am Walking Group Commander's House Adult & Senior Center	8:30 am Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center	9:00 am SPEAR Training McAllister Park Boot Camp Pearsall Park Pickleball LBJ Park	9:00 am Go Fetch Run Phil Hardberger Park East Trail Run Phil Hardberger Park East
6:00 am Interval Training Walker Ranch Park	10:00 am Chair Exercises Lackland Terrace Park	8:45 am Circuit Training Lou Kardon Park	9:30 am Beginner Line Dancing Lions Field Adult & Senior Center	9:00 am Boot Camp Labor Street Park	9:30 am Zumba LBJ Park	10:00 am Boot Camp Phil Hardberger Park East Yoga Dignowity Park
8:30 am Boot Camp Panther Springs Park	Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center	9:30 am Folkloric Fitness Lions Field Adult & Senior Center	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Senior Water Walking SA Natatorium	9:30 am Stroller Strides Northridge Park Strength & Balance Commander's House	10:00 am Circuit Training McAllister Park Adventure Course Circuit Pearsall Park Zumba Rosedale Park Volleyball Conditioning Arnold Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park	10:30 am Meditation Parman Library
8:45 am Circuit Training Lou Kardon Park	11:30 am Aqua Boot Camp SA Natatorium	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center	10:30 am Improved Line Dancing Lions Field Adult & Senior Center	10:00 am Strength & Balance Lackland Terrace Park Fun Fitness with Sandy Commander's House Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Line Dancing Lackland Terrace Park	11:00 am Chair Yoga Dorie Miller Park Core Rhythms LBJ Park	11:00 am Core Training Phil Hardberger Park East Yoga Pan American Library
10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park	12:00 pm Interval Training Barrera FC	10:30 am Flamenco Fitness Lions Field Adult & Senior Center	11:30 am Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center	10:30 am Line Dancing Lackland Terrace Park	10:30 am Chair Yoga Dorie Miller Park	12:30 pm Zumba Parman Library
10:30 am Low Impact Circuit Training Parman Library	12:30 pm Low Impact Circuit Training Granados Park	12:00 pm Water Aerobics SA Natatorium Yoga Barrera FC	12:30 pm Low Impact Circuit Training Granados Park	11:00 am Qigong Pan American Library	10:45 am Core Rhythms LBJ Park	2:15 pm BODYCOMBAT Mays Family YMCA at Potranco
11:00 am Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center	1:00 pm Circuit Training Comanche Lookout Park Line Dancing District 2 Senior Center Table Tennis Mission Library	1:00 pm Strength & Conditioning District 2 Senior Center	1:00 pm Circuit Training Encino Library Line Dancing District 2 Senior Center Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park	11:30 am Yoga Municipal Plaza	11:00 am BODYPUMP Rosedale Park Core Training Pearsall Park	
11:30 am Core Training Parman Library	2:00 pm Yoga Comanche Lookout Park	1:15 pm Belly Dance Granados Park	2:00 pm Yoga Encino Park Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park	12:00 pm Water Aerobics SA Natatorium	11:30 am Yoga Dorie Miller Park	
12:00 pm Barre Fitness Great Northwest Library	3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park	5:15 pm Cardio Kickboxing Garza Park	1:00 pm Home School PE Barrera FC	12:00 pm BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park	
1:00 pm Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library	5:00 pm Yoga Cuellar Park	5:30 pm Cycle Pittman-Sullivan Park	5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park	2:00 pm Senior Stretching Doris Griffin Senior Center FitLot Circuit Training Normoyle Park	1:00 pm Aqua Zumba SA Natatorium	
2:00 pm Senior Stretching Doris Griffin Senior Center	5:15 pm Cardio Kickboxing Garza Park	5:45 pm Water Aerobics SA Natatorium	6:00 pm Boot Camp Wheatley Park Circuit Training Barrera FC Circuit Training Palm Heights Park Family Fun Circuit Training Comanche Lookout Park Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park	3:00 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	2:00 pm Sports Conditioning Arnold Park	
5:30 pm Cardio X Barrera FC Making Strides Woodlawn Lake Park	5:30 pm Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center	6:00 pm Zumba Gold Palm Heights Park Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Copernicus Park Walking Group San Pedro Springs Park	5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park	5:30 pm Circuit Training San Pedro Springs Park	3:00 pm Sports Conditioning Arnold Park Table Tennis Mission Library	
6:00 pm Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park	6:00 pm Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park Volleyball Conditioning Palm Heights Park	6:30 pm Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park	6:00 pm Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park	6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA		
6:15 pm Boot Camp Barrera FC	6:30 pm Boot Camp Garza Park Interval Training Bonnie Conner Park Flashlight Walk Lions Field Adult & Senior Center	7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park	6:15 pm Fitball Toning Barrera FC	6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park		
6:30 pm Boot Camp Woodlawn Lake Park Cross Training Garza Park	7:00 pm Equilibrium Bonnie Conner Park Zumba Harlandale Park	7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park	6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park	6:30 pm Zumba Pittman-Sullivan Park		
7:00 pm Low Impact Circuit Training Elmendorf Lake Park		7:15 pm Hip Hop Dance Copernicus Park	6:45 pm Zumba West End Park			
7:30 pm CoRE Woodlawn Lake Park		7:30 pm SPEAR Training Joe Ward Park	7:00 pm Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park			
			7:15 pm Hip Hop Dance Copernicus Park			
			7:30 pm Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park			
			8:00 pm Core Training O.P. Schnabel Park			

# Weekly Schedule

# March 2020

Monday March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6	Saturday March 7	Sunday March 8
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center	8:30 am Boot Camp Panther Springs Park	8:30 am Walking Group Commander's House Adult & Senior Center	8:30 am Yoga District 2 Senior Center	8:00 am Troop Trek McAllister Park	9:00 am Trail Run Phil Hardberger Park East
6:00 am Interval Training Walker Ranch Park	8:45 am Walking Group Commander's House Adult & Senior Center	8:45 am Circuit Training Lou Kardon Park	9:30 am Beginner Line Dancing Lions Field Adult & Senior Center	9:00 am Tai Chi Doris Griffin Senior Center	9:00 am SPEAR Training McAllister Park	Interval Training Phil Hardberger Park West
8:30 am Boot Camp Panther Springs Park	10:00 am Chair Exercises Lackland Terrace Park	9:30 am Folkloric Fitness Lions Field Adult & Senior Center	10:00 am Senior Lap Swimming SA Natatorium	9:30 am Boot Camp Labor Street Park	9:00 am SPEAR Training McAllister Park	10:00 am Boot Camp Phil Hardberger Park East
8:45 am Circuit Training Lou Kardon Park	10:00 am Senior Lap Swimming SA Natatorium	10:00 am Senior Lap Swimming SA Natatorium	10:00 am Senior Water Walking SA Natatorium	9:30 am Stroller Strides Northridge Park	9:30 am Pickleball LBJ Park	10:00 am Yoga Dignowity Park
10:00 am Senior Lap Swimming SA Natatorium	11:30 am Zumba Gold Commander's House Adult & Senior Center	10:30 am Senior Water Walking SA Natatorium	10:30 am Improved Line Dancing Lions Field Adult & Senior Center	10:00 am Senior Lap Swimming SA Natatorium	9:30 am Zumba LBJ Park	10:30 am Meditation Parman Library
10:00 am Senior Water Walking SA Natatorium	12:00 pm Aqua Boot Camp SA Natatorium	10:30 am Tai Chi Bob Ross Senior Center	11:30 am Aqua Boot Camp SA Natatorium	10:30 am Senior Water Walking SA Natatorium	10:00 am Circuit Training McAllister Park	11:00 am Core Training Phil Hardberger Park East
10:30 am Tai Chi Bob Ross Senior Center	12:00 pm Interval Training Barrera FC	10:30 am Flamenco Fitness Lions Field Adult & Senior Center	12:30 pm Intermediate Line Dancing Lions Field Adult & Senior Center	10:30 am Tai Chi Mission Library	10:00 am Adventure Course Pearsall Park	11:00 am Yoga Pan American Library
10:30 am Folkloric Fitness Commander's House Adult & Senior Center	12:30 pm Low Impact Circuit Training Granados Park	12:00 pm Water Aerobics SA Natatorium	12:30 pm Low Impact Circuit Training Granados Park	11:00 am Qigong Pan American Library	10:30 am Zumba Rosedale Park	12:30 pm Zumba Parmah Library
10:30 am Social Walk Lackland Terrace Park	12:45 pm Yoga Barrera FC	12:00 pm Yoga Barrera FC	1:00 pm Circuit Training Encino Library	11:30 am Yoga Municipal Plaza	11:00 am Pickleball Woodard Park	2:15 pm BODYCOMBAT Mays Family YMCA at Potranco
10:30 am Low Impact Circuit Training Parman Library	1:00 pm Circuit Training Comanche Lookout Park	1:00 pm Strength & Conditioning District 2 Senior Center	1:00 pm Line Dancing District 2 Senior Center	1:00 pm Home School PE Barrera FC	10:30 am STORM Kidz McAllister Park	
11:00 am Lap Swimming SA Natatorium	1:00 pm Line Dancing District 2 Senior Center	1:15 pm Belly Dance Granados Park	1:15 pm Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park	1:30 pm Yoga Schaefer Library	10:45 am Core Rhythms LBJ Park	
11:00 am Flamenco Fitness Commander's House Adult & Senior Center	2:00 pm Table Tennis Mission Library	2:00 pm Yoga District 2 Senior Center	2:00 pm Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park	2:00 pm Senior Stretching Doris Griffin Senior Center	11:00 am BODYPUMP Rosedale Park	
11:30 am Core Training Parman Library	2:00 pm Yoga Comanche Lookout Park	2:00 pm Senior Stretching Doris Griffin Senior Center	2:00 pm Cardio Kickboxing Garza Park	2:00 pm FitLot Circuit Training Normoyle Park	11:30 am Core Training Pearsall Park	
12:00 pm Barre Fitness Great Northwest Library	2:00 pm Fitness Drumming Lackland Terrace Park	2:00 pm Folklorico Granados Park	5:15 pm Total Body Toning Granados Park	3:00 pm Senior Stretching Doris Griffin Senior Center	11:30 am Yoga Dorie Miller Park	
1:00 pm Strength & Conditioning District 2 Senior Center	3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	5:15 pm Fitness Drumming Granados Park	5:30 pm Making Strides Woodlawn Lake Park	3:00 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	12:00 pm BODYFLOW Rosedale Park	
1:00 pm Core Training Great Northwest Library	3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	5:30 pm Cycle Pittman-Sullivan Park	6:00 pm Boot Camp Wheatley Park	5:30 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	1:00 pm Aqua Zumba SA Natatorium	
2:00 pm Senior Stretching Doris Griffin Senior Center	5:00 pm Yoga Cuellar Park	5:45 pm Water Aerobics SA Natatorium	6:00 pm Boot Camp Arnold Park	5:30 pm Circuit Training San Pedro Springs Park	2:00 pm Sports Conditioning Arnold Park	
4:00 pm Total Body Toning Lackland Terrace Park	5:15 pm Cardio Kickboxing Garza Park	6:00 pm Zumba Gold Palm Heights Park	6:00 pm Circuit Training Barrera FC	6:00 pm Zumba O.P. Schnabel Park	3:00 pm Sports Conditioning Arnold Park	
5:30 pm Cardio X Barrera FC	5:30 pm Boot Camp Travis Park	6:00 pm Hula Dance LBJ Park	6:00 pm Circuit Training Palm Heights Park	6:00 pm Zumba Harvey Najim YMCA		
5:30 pm Making Strides Woodlawn Lake Park	5:30 pm Circuit Training Bonnie Conner Park	6:00 pm Cardio Kickboxing Walker Ranch Park	6:00 pm Family Fun Circuit Training Comanche Lookout Park			
6:00 pm Butts & Guts Elmendorf Lake Park	5:30 pm Total Body Toning Granados Park	6:00 pm Beginner Sports Conditioning Arnold Park	6:00 pm Butts & Guts LBJ Park			
6:00 pm Zumba Southside Lions Park	5:30 pm Making Strides Woodlawn Lake Park	6:30 pm Walking Group Copernicus Park	6:00 pm Core Rhythms Southside Lions Park			
6:00 pm Line Dancing Granados Park	6:00 pm Stability Ball Fitness Lions Field Adult & Senior Center	6:30 pm Interval Training Joe Ward Park	6:00 pm Line Dancing West End Park			
6:00 pm Hula Dance LBJ Park	6:00 pm Circuit Training Barrera FC	6:30 pm Cross Training Garza Park	6:00 pm Walking Group Miller's Pond Park			
6:00 pm Advanced Sports Conditioning Arnold Park	6:00 pm Core Rhythms Harlandale Park	6:30 pm Zumba Garza Park	6:00 pm Beginner Sports Conditioning Arnold Park			
6:15 pm Boot Camp Barrera FC	6:00 pm Walking Group Harlandale Park	6:30 pm Zumba Southside Lions Park	6:00 pm Walking Group Harlandale Park			
6:30 pm Boot Camp Woodlawn Lake Park	6:00 pm Advanced Sports Conditioning Arnold Park	6:30 pm Zumba Lions Field Adult & Senior Center	6:00 pm Beginner Tennis San Pedro Springs Park			
6:30 pm Cross Training Garza Park	6:00 pm Volleyball Conditioning Palm Heights Park	6:30 pm Boxing Conditioning Lincoln Park	6:15 pm Fitball Toning Barrera FC			
7:00 pm Yoga Elmendorf Lake Park	6:30 pm Stability Ball Fitness Lions Field Adult & Senior Center	7:00 pm Interval Training Walker Ranch Park	6:15 pm Fitball Toning Barrera FC			
7:30 pm CoRE Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Zumba LBJ Park	6:30 pm SPEAR Training Woodlawn Lake Park			
	6:30 pm Flashlight Walk Lions Field Adult & Senior Center	7:15 pm Hip Hop Dance Copernicus Park	6:30 pm Boot Camp O.P. Schnabel Park			
	7:00 pm Equilibrium Bonnie Conner Park	7:15 pm SPEAR Training Joe Ward Park	6:30 pm World Dance Joe Ward Park			
			6:45 pm Zumba West End Park			
			7:00 pm Core Training Wheatley Park			
			7:00 pm Yoga LBJ Park			
			7:15 pm Zumba Southside Lions Park			
			7:15 pm Hip Hop Dance Copernicus Park			
			7:30 pm Interval Training Woodlawn Lake Park			
			7:30 pm Lower Body Blast O.P. Schnabel Park			
			8:00 pm Core Training O.P. Schnabel Park			

# Weekly Schedule

# March 2020

Monday March 9	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center	<b>8:30 am</b> Boot Camp Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House Adult & Senior Center	<b>8:30 am</b> Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center	<b>8:30 am</b> Go365 Walk Pearsall Park	<b>9:00 am</b> Interval Training Phil Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>10:00 am</b> Chair Exercises Lackland Terrace Park	<b>8:45 am</b> Circuit Training Lou Kardon Park	<b>9:30 am</b> Beginner Line Dancing Lions Field Adult & Senior Center	<b>9:30 am</b> Stroller Strides Northridge Park	<b>9:00 am</b> SPEAR Training McAllister Park Pickleball LBJ Park Walk with a Doc Arnold Park	<b>10:00 am</b> Yoga Dignowity Park Yoga Phil Hardberger Park West
<b>8:30 am</b> Boot Camp Panther Springs Park	<b>10:00 am</b> Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center	<b>10:00 am</b> Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center	<b>10:00 am</b> Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium	<b>10:00 am</b> Strength & Balance Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium	<b>10:00 am</b> Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Arnold Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park	<b>10:30 am</b> Meditation Parman Library
<b>8:45 am</b> Circuit Training Lou Kardon Park	<b>11:30 am</b> Aqua Boot Camp SA Natatorium	<b>12:00 pm</b> Yoga Barrera FC	<b>10:30 am</b> Improved Line Dancing Lions Field Adult & Senior Center	<b>10:30 am</b> Tai Chi Mission Library	<b>10:30 am</b> Chair Yoga Dorie Miller Park	<b>11:00 am</b> Yoga Pan American Library
<b>10:00 am</b> Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park	<b>12:00 pm</b> Interval Training Barrera FC	<b>1:00 pm</b> Strength & Conditioning District 2 Senior Center	<b>11:30 am</b> Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center	<b>11:00 am</b> Qigong Pan American Library	<b>11:00 am</b> BODYPUMP Rosedale Park	<b>12:30 pm</b> Zumba Parman Library
<b>11:00 am</b> Lap Swimming SA Natatorium	<b>12:30 pm</b> Low Impact Circuit Training Granados Park	<b>2:00 pm</b> Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center	<b>12:30 pm</b> Low Impact Circuit Training Granados Park	<b>1:00 pm</b> Home School PE Barrera FC	<b>11:30 am</b> Yoga Dorie Miller Park	<b>2:15 pm</b> BODYCOMBAT Mays Family YMCA at Potranco
<b>12:00 pm</b> Barre Fitness Great Northwest Library	<b>12:45 pm</b> Yoga Barrera FC	<b>5:15 pm</b> Fitness Drumming Granados Park	<b>1:00 pm</b> Line Dancing District 2 Senior Center	<b>2:00 pm</b> Senior Stretching Doris Griffin Senior Center FitLot Circuit Training Normoyle Park	<b>12:00 pm</b> BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park	
<b>1:00 pm</b> Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library	<b>2:00 pm</b> Fitness Drumming Lackland Terrace Park	<b>5:30 pm</b> Cycle Pittman-Sullivan Park	<b>5:30 pm</b> Total Body Toning Granados Park Making Strides Woodlawn Lake Park	<b>3:00 pm</b> Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>1:00 pm</b> Aqua Zumba SA Natatorium	
<b>2:00 pm</b> Senior Stretching Doris Griffin Senior Center	<b>5:30 pm</b> Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center	<b>5:45 pm</b> Water Aerobics SA Natatorium	<b>6:00 pm</b> Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park	<b>6:00 pm</b> Boot Camp Wheatley Park Boot Camp Arnold Park Circuit Training Barrera FC Family Fun Circuit Training Comanche Lookout Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park	<b>2:00 pm</b> Sports Conditioning Arnold Park	
<b>4:00 pm</b> Total Body Toning Lackland Terrace Park	<b>6:00 pm</b> Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park	<b>6:00 pm</b> Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park	<b>6:15 pm</b> Fitball Toning Barrera FC	<b>6:00 pm</b> SPEAR Training Woodlawn Lake Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park	<b>3:00 pm</b> Sports Conditioning Arnold Park Table Tennis Mission Library	
<b>5:30 pm</b> Cardio X Barrera FC Making Strides Woodlawn Lake Park	<b>6:30 pm</b> Boot Camp Garza Park Interval Training Bonnie Conner Park Flashlight Walk Lions Field Adult & Senior Center	<b>7:00 pm</b> Interval Training Walker Ranch Park Zumba LBJ Park	<b>6:30 pm</b> Zumba West End Park	<b>6:00 pm</b> Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA		
<b>6:00 pm</b> Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park	<b>7:00 pm</b> Equilibrium Bonnie Conner Park Zumba Harlandale Park	<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:00 pm</b> Core Training Wheatley Park			
<b>6:15 pm</b> Boot Camp Barrera FC		<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park			
<b>6:30 pm</b> Boot Camp Woodlawn Lake Park Cross Training Garza Park		<b>7:30 pm</b> SPEAR Training Joe Ward Park	<b>8:00 pm</b> Core Training O.P. Schnabel Park			
<b>7:00 pm</b> Yoga Elmendorf Lake Park						
<b>7:15 pm</b> Hip Hop Dance Copernicus Park						
<b>7:30 pm</b> CoRE Woodlawn Lake Park						



# Weekly Schedule

# March 2020

Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	Friday March 27	Saturday March 28	Sunday March 29
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Tai Chi Doris Griffin Senior Center	<b>8:30 am</b> Boot Camp Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House Adult & Senior Center	<b>8:30 am</b> Yoga District 2 Senior Center	<b>9:00 am</b> SPEAR Training McAllister Park	<b>9:00 am</b> Trail Run Phil Hardberger Park East
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:45 am</b> Walking Group Commander's House Adult & Senior Center	<b>8:45 am</b> Circuit Training Lou Kardon Park	<b>9:30 am</b> Beginner Line Dancing Lions Field Adult & Senior Center	<b>9:00 am</b> Tai Chi Doris Griffin Senior Center	<b>9:30 am</b> Boot Camp Pearsall Park	<b>9:30 am</b> Interval Training Phil Hardberger Park West
<b>8:30 am</b> Boot Camp Panther Springs Park	<b>10:00 am</b> Chair Exercises Lackland Terrace Park	<b>9:30 am</b> Folkloric Fitness Lions Field Adult & Senior Center	<b>10:00 am</b> Senior Lap Swimming SA Natatorium	<b>9:30 am</b> Boot Camp Labor Street Park	<b>10:00 am</b> Walk with a Doc Lou Kardon Park	<b>10:00 am</b> Boot Camp Phil Hardberger Park East
<b>8:45 am</b> Circuit Training Lou Kardon Park	<b>10:00 am</b> Senior Lap Swimming SA Natatorium	<b>10:00 am</b> Senior Lap Swimming SA Natatorium	<b>10:30 am</b> Senior Water Walking SA Natatorium	<b>10:00 am</b> Stroller Strides Northridge Park	<b>10:00 am</b> Zumba LBJ Park	<b>10:00 am</b> Yoga Dignowity Park
<b>10:00 am</b> Senior Lap Swimming SA Natatorium	<b>11:30 am</b> Aqua Boot Camp SA Natatorium	<b>10:30 am</b> Senior Water Walking SA Natatorium	<b>10:30 am</b> Improved Line Dancing Lions Field Adult & Senior Center	<b>10:00 am</b> Strength & Balance Lackland Terrace Park	<b>10:00 am</b> Circuit Training McAllister Park	<b>10:30 am</b> Meditation Parman Library
<b>10:00 am</b> Senior Water Walking SA Natatorium	<b>12:00 pm</b> Interval Training Barrera FC	<b>10:30 am</b> Yoga Doris Griffin Senior Center	<b>11:30 am</b> Aqua Boot Camp SA Natatorium	<b>10:30 am</b> Senior Lap Swimming SA Natatorium	<b>10:30 am</b> Adventure Course Pearsall Park	<b>11:00 am</b> Core Training Phil Hardberger Park East
<b>10:30 am</b> Tai Chi Bob Ross Senior Center	<b>12:30 pm</b> Interval Training Barrera FC	<b>12:00 pm</b> Tai Chi Bob Ross Senior Center	<b>11:30 am</b> Intermediate Line Dancing Lions Field Adult & Senior Center	<b>10:30 am</b> Senior Water Walking SA Natatorium	<b>10:30 am</b> Zumba Rosedale Park	<b>11:00 am</b> Yoga Pan American Library
<b>10:30 am</b> Folkloric Fitness Commander's House Adult & Senior Center	<b>12:30 pm</b> Low Impact Circuit Training Granados Park	<b>12:00 pm</b> Flamenco Fitness Lions Field Adult & Senior Center	<b>12:30 pm</b> Low Impact Circuit Training Granados Park	<b>10:30 am</b> Tai Chi Mission Library	<b>10:30 am</b> Volleyball Conditioning Arnold Park	<b>12:30 pm</b> Zumba Parman Library
<b>10:30 am</b> Social Walk Lackland Terrace Park	<b>1:00 pm</b> Circuit Training Comanche Lookout Park	<b>12:00 pm</b> Water Aerobics SA Natatorium	<b>12:30 pm</b> Yoga Barrera FC	<b>11:00 am</b> Qigong Pan American Library	<b>10:30 am</b> Pickleball Woodard Park	<b>2:15 pm</b> BODYCOMBAT Mays Family YMCA at Potranco
<b>10:30 am</b> Low Impact Circuit Training Parman Library	<b>1:00 pm</b> Line Dancing District 2 Senior Center	<b>1:00 pm</b> Yoga Barrera FC	<b>1:00 pm</b> Circuit Training Encino Library	<b>11:30 am</b> Yoga Municipal Plaza	<b>10:45 am</b> Chair Yoga Dorie Miller Park	
<b>11:00 am</b> Lap Swimming SA Natatorium	<b>1:00 pm</b> Table Tennis Mission Library	<b>1:15 pm</b> Strength & Conditioning District 2 Senior Center	<b>1:00 pm</b> Line Dancing District 2 Senior Center	<b>1:00 pm</b> Home School PE Barrera FC	<b>11:00 am</b> Core Rhythms LBJ Park	
<b>11:00 am</b> Flamenco Fitness Commander's House Adult & Senior Center	<b>2:00 pm</b> Yoga Comanche Lookout Park	<b>1:15 pm</b> Belly Dance Granados Park	<b>1:15 pm</b> Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>1:30 pm</b> Yoga Schaefer Library	<b>11:00 am</b> BODYPUMP Rosedale Park	
<b>11:30 am</b> Core Training Parman Library	<b>2:00 pm</b> Fitness Drumming Lackland Terrace Park	<b>2:00 pm</b> Yoga District 2 Senior Center	<b>2:00 pm</b> Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>2:00 pm</b> Senior Stretching Doris Griffin Senior Center	<b>11:30 am</b> Core Training Pearsall Park	
<b>12:00 pm</b> Barre Fitness Great Northwest Library	<b>3:00 pm</b> Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>2:00 pm</b> Senior Stretching Doris Griffin Senior Center	<b>5:15 pm</b> Cardio Kickboxing Garza Park	<b>2:00 pm</b> FitLot Circuit Training Normoyle Park	<b>11:30 am</b> Yoga Dorie Miller Park	
<b>1:00 pm</b> Strength & Conditioning District 2 Senior Center	<b>5:00 pm</b> Yoga Cuellar Park	<b>2:00 pm</b> Folklorico Granados Park	<b>5:30 pm</b> Total Body Toning Granados Park	<b>3:00 pm</b> Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>12:00 pm</b> BODYFLOW Rosedale Park	
<b>1:00 pm</b> Core Training Great Northwest Library	<b>5:15 pm</b> Cardio Kickboxing Garza Park	<b>5:15 pm</b> Fitness Drumming Granados Park	<b>5:30 pm</b> Making Strides Woodlawn Lake Park	<b>3:00 pm</b> Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>12:00 pm</b> Volleyball Conditioning Joe Ward Park	
<b>2:00 pm</b> Senior Stretching Doris Griffin Senior Center	<b>5:30 pm</b> Boot Camp Travis Park	<b>5:30 pm</b> Cycle Pittman-Sullivan Park	<b>6:00 pm</b> Boot Camp Wheatley Park	<b>5:30 pm</b> Circuit Training San Pedro Springs Park	<b>1:00 pm</b> Aqua Zumba SA Natatorium	
<b>4:00 pm</b> Total Body Toning Lackland Terrace Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>5:45 pm</b> Water Aerobics SA Natatorium	<b>6:00 pm</b> Boot Camp Arnold Park	<b>6:00 pm</b> Zumba O.P. Schnabel Park	<b>2:00 pm</b> Sports Conditioning Arnold Park	
<b>5:30 pm</b> Cardio X Barrera FC	<b>6:00 pm</b> Total Body Toning Granados Park	<b>6:00 pm</b> Zumba Gold Palm Heights Park	<b>6:00 pm</b> Circuit Training Palm Heights Park	<b>6:00 pm</b> Zumba Harvey Najim YMCA	<b>3:00 pm</b> Sports Conditioning Arnold Park	
<b>6:00 pm</b> Making Strides Woodlawn Lake Park	<b>6:00 pm</b> Stability Ball Fitness Lions Field Adult & Senior Center	<b>6:00 pm</b> Hula Dance LBJ Park	<b>6:00 pm</b> Family Fun Circuit Training Comanche Lookout Park			
<b>6:00 pm</b> Butts & Guts Elmendorf Lake Park	<b>6:00 pm</b> Circuit Training Barrera FC	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>6:00 pm</b> Butts & Guts LBJ Park			
<b>6:00 pm</b> Zumba Southside Lions Park	<b>6:00 pm</b> Core Rhythms Harlandale Park	<b>6:00 pm</b> Beginner Sports Conditioning Arnold Park	<b>6:00 pm</b> Core Rhythms Southside Lions Park			
<b>6:00 pm</b> Line Dancing Granados Park	<b>6:00 pm</b> Walking Group Miller's Pond Park	<b>6:00 pm</b> Walking Group Harlandale Park	<b>6:00 pm</b> Line Dancing West End Park			
<b>6:00 pm</b> Hula Dance LBJ Park	<b>6:00 pm</b> Advanced Sports Conditioning Arnold Park	<b>6:00 pm</b> Walking Group Copernicus Park	<b>6:00 pm</b> Walking Group West End Park			
<b>6:00 pm</b> Advanced Sports Conditioning Arnold Park	<b>6:00 pm</b> Walking Group Harlandale Park	<b>6:30 pm</b> Interval Training Joe Ward Park	<b>6:00 pm</b> Beginner Sports Conditioning Arnold Park			
<b>6:15 pm</b> Boot Camp Barrera FC	<b>6:00 pm</b> Volleyball Conditioning Palm Heights Park	<b>6:30 pm</b> Cross Training Garza Park	<b>6:00 pm</b> Walking Group San Pedro Springs Park			
<b>6:30 pm</b> Boot Camp Woodlawn Lake Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>6:30 pm</b> Zumba Garza Park	<b>6:15 pm</b> Fitball Toning Barrera FC			
<b>6:30 pm</b> Cross Training Garza Park	<b>6:30 pm</b> Interval Training Bonnie Conner Park	<b>6:30 pm</b> Zumba Southside Lions Park	<b>6:30 pm</b> SPEAR Training Woodlawn Lake Park			
<b>7:00 pm</b> Yoga Elmendorf Lake Park	<b>6:30 pm</b> Flashlight Walk Lions Field Adult & Senior Center	<b>6:30 pm</b> Zumba Lions Field Adult & Senior Center	<b>6:30 pm</b> Boot Camp O.P. Schnabel Park			
<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:00 pm</b> Equilibrium Bonnie Conner Park	<b>6:30 pm</b> Boxing Conditioning Lincoln Park	<b>6:30 pm</b> World Dance Joe Ward Park			
<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:00 pm</b> Zumba Harlandale Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>6:45 pm</b> STORM Trail Ride McAllister Park			
<b>7:30 pm</b> CoRE Woodlawn Lake Park		<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>6:45 pm</b> Zumba West End Park			
		<b>7:00 pm</b> Zumba LBJ Park	<b>6:45 pm</b> Zumba West End Park			
		<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:00 pm</b> Core Training Wheatley Park			
		<b>7:30 pm</b> SPEAR Training Joe Ward Park	<b>7:00 pm</b> Yoga LBJ Park			
			<b>7:15 pm</b> Zumba Southside Lions Park			
			<b>7:15 pm</b> Hip Hop Dance Copernicus Park			
			<b>7:30 pm</b> Interval Training Woodlawn Lake Park			
			<b>7:30 pm</b> Lower Body Blast O.P. Schnabel Park			
			<b>8:00 pm</b> Core Training O.P. Schnabel Park			

# Weekly Schedule

# March - April 2020

Monday March 30	Tuesday March 31	Wednesday April 1	Thursday April 2	Friday April 3	Saturday April 4	Sunday April 5
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>8:30 am</b> Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center	<b>8:30 am</b> Boot Camp Panther Springs Park	<b>8:30 am</b> Walking Group Commander's House Adult & Senior Center	<b>8:30 am</b> Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center	<b>9:00 am</b> SPEAR Training McAllister Park Boot Camp Pearsall Park Pickleball LBJ Park	<b>9:00 am</b> Trail Run Phil Hardberger Park East Interval Training Phil Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>10:00 am</b> Chair Exercises Lackland Terrace Park Senior Lap Swimming SA Natatorium	<b>8:45 am</b> Circuit Training Lou Kardon Park	<b>9:30 am</b> Beginner Line Dancing Lions Field Adult & Senior Center	<b>9:00 am</b> Boot Camp Labor Street Park	<b>9:30 am</b> Zumba LBJ Park	<b>10:00 am</b> Boot Camp Phil Hardberger Park East Yoga Dignowity Park Yoga Phil Hardberger Park West
<b>8:30 am</b> Boot Camp Panther Springs Park	<b>11:30 am</b> Aqua Boot Camp SA Natatorium	<b>9:30 am</b> Folkloric Fitness Lions Field Adult & Senior Center	<b>10:00 am</b> Senior Lap Swimming SA Natatorium	<b>9:30 am</b> Stroller Strides Northridge Park	<b>10:00 am</b> Circuit Training McAllister Park Adventure Course Pearsall Park Zumba Rosedale Park Volleyball Conditioning Arnold Park	<b>11:00 am</b> Core Training Phil Hardberger Park East Yoga Pan American Library
<b>8:45 am</b> Circuit Training Lou Kardon Park	<b>12:00 pm</b> Interval Training Barrera FC	<b>10:00 am</b> Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center	<b>10:30 am</b> Improved Line Dancing Lions Field Adult & Senior Center	<b>10:00 am</b> Strength & Balance Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium	<b>10:30 am</b> Tai Chi Mission Library	<b>12:30 pm</b> Zumba Parman Library
<b>10:00 am</b> Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park	<b>12:30 pm</b> Low Impact Circuit Training Granados Park	<b>10:30 am</b> Flamenco Fitness Lions Field Adult & Senior Center	<b>11:30 am</b> Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center	<b>10:30 am</b> Tai Chi Mission Library	<b>10:30 am</b> Chair Yoga Dorie Miller Park	<b>2:15 pm</b> BODYCOMBAT Mays Family YMCA at Potranco
<b>10:30 am</b> Low Impact Circuit Training Parman Library	<b>12:45 pm</b> Yoga Barrera FC	<b>12:00 pm</b> Water Aerobics SA Natatorium Yoga Barrera FC	<b>12:30 pm</b> Low Impact Circuit Training Granados Park	<b>11:00 am</b> Qigong Pan American Library	<b>10:45 am</b> Core Rhythms LBJ Park	
<b>11:00 am</b> Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center	<b>1:00 pm</b> Circuit Training Comanche Lookout Park Line Dancing District 2 Senior Center Table Tennis Mission Library	<b>1:00 pm</b> Strength & Conditioning District 2 Senior Center	<b>1:00 pm</b> Circuit Training Encino Library Line Dancing District 2 Senior Center Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>11:30 am</b> Yoga Municipal Plaza	<b>11:00 am</b> BODYPUMP Rosedale Park Core Training Pearsall Park	
<b>11:30 am</b> Core Training Parman Library	<b>2:00 pm</b> Yoga Comanche Lookout Park Fitness Drumming Lackland Terrace Park	<b>1:15 pm</b> Belly Dance Granados Park	<b>1:15 pm</b> Yoga Encino Park Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>1:00 pm</b> Home School PE Barrera FC	<b>11:30 am</b> Yoga Dorie Miller Park	
<b>12:00 pm</b> Barre Fitness Great Northwest Library	<b>3:00 pm</b> Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>2:00 pm</b> Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park	<b>2:00 pm</b> Cardio Kickboxing Garza Park	<b>1:30 pm</b> Yoga Schaefer Library	<b>12:00 pm</b> BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park	
<b>1:00 pm</b> Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library	<b>5:00 pm</b> Yoga Cuellar Park	<b>5:15 pm</b> Fitness Drumming Granados Park	<b>5:15 pm</b> Total Body Toning Granados Park Making Strides Woodlawn Lake Park	<b>3:00 pm</b> Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	<b>1:00 pm</b> Aqua Zumba SA Natatorium	
<b>2:00 pm</b> Senior Stretching Doris Griffin Senior Center	<b>5:30 pm</b> Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center	<b>5:30 pm</b> Cycle Pittman-Sullivan Park	<b>6:00 pm</b> Boot Camp Wheatley Park Boot Camp Arnold Park Circuit Training Barrera FC Family Fun Circuit Training Comanche Lookout Park Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park	<b>5:30 pm</b> Circuit Training San Pedro Springs Park	<b>2:00 pm</b> Sports Conditioning Arnold Park	
<b>4:00 pm</b> Total Body Toning Lackland Terrace Park	<b>6:00 pm</b> Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park Volleyball Conditioning Palm Heights Park	<b>5:45 pm</b> Water Aerobics SA Natatorium	<b>6:00 pm</b> Zumba Gold Palm Heights Park Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Copernicus Park	<b>6:00 pm</b> Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA	<b>3:00 pm</b> Sports Conditioning Arnold Park Table Tennis Mission Library	
<b>5:30 pm</b> Cardio X Barrera FC Making Strides Woodlawn Lake Park	<b>6:30 pm</b> Boot Camp Garza Park Interval Training Bonnie Conner Park Flashlight Walk Lions Field Adult & Senior Center	<b>6:00 pm</b> Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park	<b>6:15 pm</b> Fitball Toning Barrera FC	<b>6:30 pm</b> SPEAR Training Woodlawn Lake Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park		
<b>6:00 pm</b> Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park	<b>7:00 pm</b> Equilibrium Bonnie Conner Park Zumba Harlandale Park	<b>6:30 pm</b> Interval Training Walker Ranch Park Zumba LBJ Park	<b>6:45 pm</b> Zumba West End Park	<b>6:45 pm</b> Zumba West End Park		
<b>6:15 pm</b> Boot Camp Barrera FC		<b>7:00 pm</b> Interval Training Walker Ranch Park Zumba LBJ Park	<b>7:00 pm</b> Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park	<b>7:00 pm</b> Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park		
<b>6:30 pm</b> Boot Camp Woodlawn Lake Park Cross Training Garza Park		<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:15 pm</b> Hip Hop Dance Copernicus Park		
<b>7:00 pm</b> Yoga Elmendorf Lake Park		<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:15 pm</b> Hip Hop Dance Copernicus Park	<b>7:15 pm</b> Hip Hop Dance Copernicus Park		
<b>7:15 pm</b> Hip Hop Dance Copernicus Park		<b>7:30 pm</b> SPEAR Training Joe Ward Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park		
<b>7:30 pm</b> CoRE Woodlawn Lake Park			<b>8:00 pm</b> Core Training O.P. Schnabel Park	<b>8:00 pm</b> Core Training O.P. Schnabel Park		