

WEATHER HOTLINE
(210) 207-3128



Fitness in the park



D e c e m b e r 2 0 1 5 S c h e d u l e

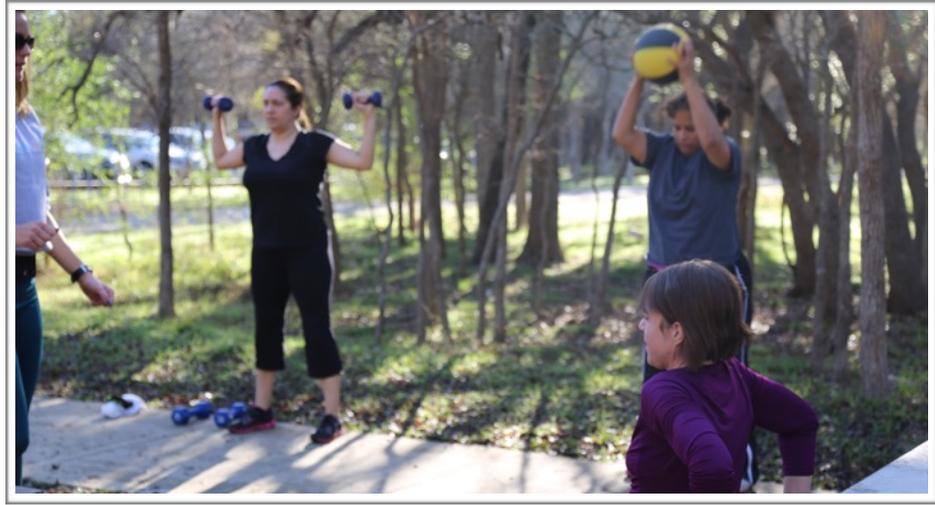
Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all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



@SAParksFitness
San Antonio Parks and Recreation Fitness

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.



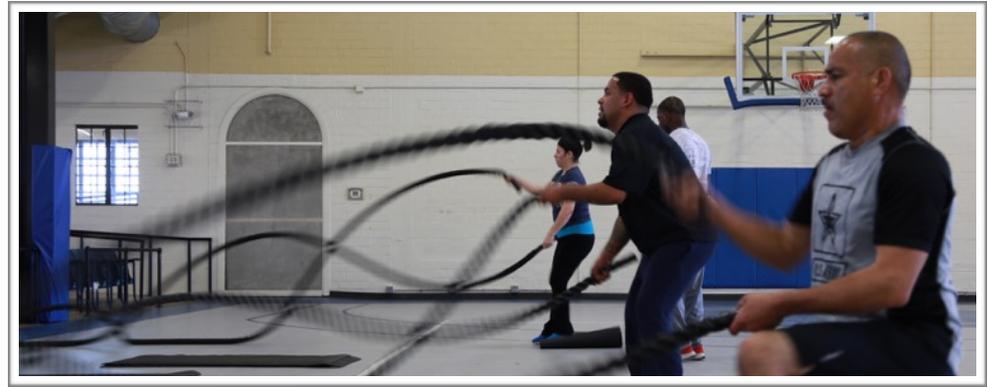
Class Name	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp	Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza community center *No class December 21 through 30
Adult Boot Camp	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale community center
Adult Boot Camp	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton community center *No class December 30
Adult Boot Camp	Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom *No class December 26
Boot Camp	South San Park 2031 Quintana	Mon	6:30 pm	Inside South San community center
Boot Camp hosted by Christ Fit Fusion	Lions Field 2809 Broadway	Sat	9:00 am	At the outdoor fitness stations *No class December 26
Boot Camp hosted by Christ Fit Fusion	Hardberger Park West 8400 NW Military	Sat	11:00 am	At the basketball courts *No class December 26
Boot Camp	South Side Lions Park 3100 Hiawatha	Thurs	5:30 pm	At the community center *No class December 24 or 31
Boot Camp	Encino Library 2515 East Evans Rd.	Mon	6:00 pm	Inside the library conference room
Boot Camp	Palm Heights 1201 W. Malone	Tues, Wed, Thurs	7:30 pm	At the outdoor fitness stations *No class December 17 through 31
Boot Camp	Palm Heights 1201 W. Malone	Sat	2:30 pm	At the outdoor fitness stations *No class December 26
Boot Camp	Palm Heights 1201 W. Malone	Fri	5:30 pm	At the outdoor fitness stations *No class December 25



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 *No class December 26
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 *No class December 24 or 31
Adult Circuit Training	Labor Street Park 436 Labor Street	Wed	5:30 pm	At the outdoor fitness stations *No class December 30
Adult Circuit Training	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	At the Community Health & Wellness Center (Gym) *No class December 24 or 31
Adult Circuit Training	Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the outdoor fitness stations
Outdoor Circuit hosted by the Mays Family YMCA	Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Mays YMCA lobby
Adult Circuit Training (30 minutes)	Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
Adult Circuit Training	Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts *No class December 27
Adult Circuit Training	Travis Park 301 E. Travis	Tues	12:00 pm	On the east side of the park *No class December 1
Adult Circuit Training	Mission Library 3134 Roosevelt	Sat	2:00 pm	Inside Mission Library *No class December 26
Adult Circuit Training	Stone Oak Park 20395 Stone Oak Pkwy	Mon	8:30 am	At the outdoor fitness stations

CIRCUIT TRAINING, CROSS TRAINING AND MORE



Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	Heritage Duck Pond <i>900 S. Ellison</i>	Tues	5:00 pm	Next to the playground
Adult Circuit Training	Collins Garden Park <i>1525 Nogalitos</i>	Mon	6:00 pm	At the outdoor fitness stations
Low Impact Circuit Training	Collins Garden Park <i>1525 Nogalitos</i>	Mon	7:00 pm	At the outdoor fitness stations
Low Impact Circuit Training	Encino Library <i>2515 East Evans Rd.</i>	Mon	5:00 pm	Inside the library conference room
Low-Impact Circuit Training	Parman Library <i>20735 Wilderness Oak</i>	Mon	10:00 am	In the conference room
Low-Impact Circuit Training	Lackland Terrace Park <i>7902 Westshire</i>	Wed	10:00 am	Inside Gill Community Center *No class December 30
Low-Impact Fitness Training	Commander's House <i>622 S. Flores</i>	Tues	10:00 am	In upstairs conference room *No class December 1
Low Impact Circuit Training	Lions Field Adult & Senior Center <i>2809 Broadway</i>	Tues	8:30 am	Inside Lions Field adult & senior center *No class December 1
Low Impact Circuit Training	West End Park <i>1401 N Hamilton</i>	Mon	9:00 am	Next to Frank Garrett Center *No class December 21 or 28
Cross Training	Garza Park <i>1450 Mira Vista</i>	Tues / Wed / Thurs	6:00 pm	Inside Garza community center *No class December 22 through 31
Lunch Crunch (30 min)	Travis Park <i>301 E. Travis</i>	Tues	11:30 am	In the park *No class December 1
Core Training (30 min)	Perez Park <i>8601 Timber Path</i>	Mon	6:30 pm	Next to the playground *No class December 28
Core Training (30 min)	Perez Park <i>8601 Timber Path</i>	Mon	7:00 pm	Next to the playground *No class December 28
Core Training (60 minutes)	Cuellar Park <i>5626 San Fernando</i>	Fri	5:00 pm	Inside Cuellar Community Center *No class December 18 or 25



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 *No class December 24 or 31
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 *No class December 27
Interval Training	McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion *No class December 26
Interval Training	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Functional Fitness Fusion Interval Training	Veteran's Memorial Park 3864 Cibolo Valley Drive, Cibolo, TX	Sat	9:00 am	Meet in the park *No class December 12 or 26

WHAT IS A HOLIDAY BUSTER?

A holiday buster is a workout that you can complete at home on days that Fitness in the Park will not be hosting classes. Challenge yourself or use Facebook and Twitter to help motivate others. Share your Holiday Buster experience on Social Media with #FitnessinthePark for your chance to win prizes!

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 December 30
Family Fitness Frenzy	Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts *No class December 27
Family Fitness Frenzy	Perez Park 8601 Timber Path	Mon	5:30 pm	Next to the playground *No class December 28



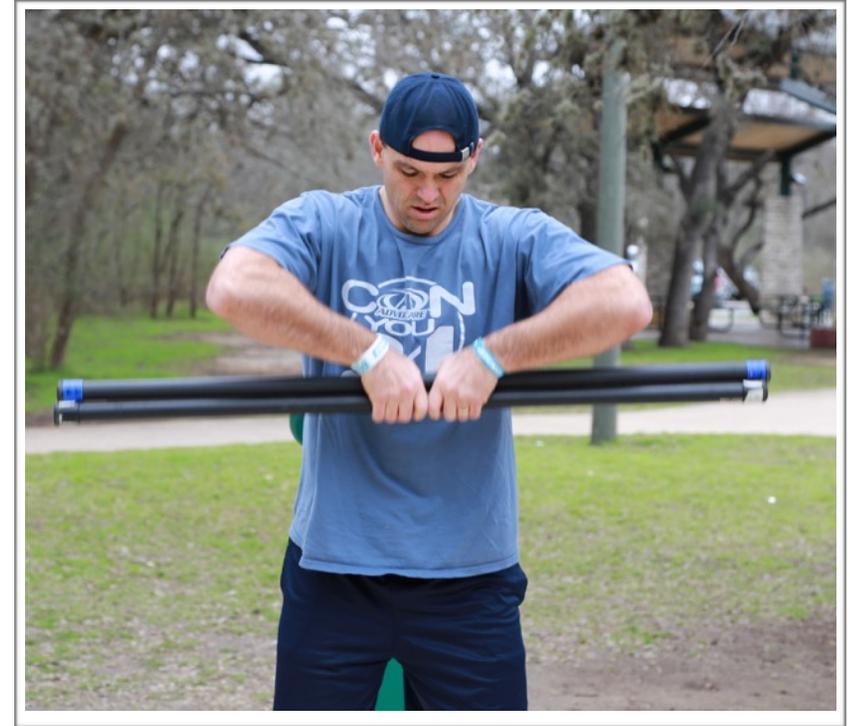
STRENGTH AND CONDITIONING

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 *No class December 30
Beginners Weight Training (Strength)	Cuellar Park 5626 San Fernando	Fri	6:00 pm	Inside Cuellar Community Center *No class December 18 or 25

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	Turkey Roost pavilion *No class December 26
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	At the Community Health & Wellness Center (Gym) *No class December 24 or 31
Cross Fit	Heritage Duck Pond 900 S. Ellison	Tues	6:00 pm	Next to the playground
Cross Fit	West End Park 1401 N Hamilton	Mon	8:00 am	Next to Frank Garret Center *No class December 21 or 28
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i> *No class December 22 or 29
Cross Fit for Adults	Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i> *No class December 22 or 29
Cross Fit	Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground *No class December 26





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.

YOGA AND TAI CHI

Class Name	Location	Day(s)	Time	Meeting Place
Yoga	Dorie Miller 2802 MLK	Sat	11:30 am	Inside Dorie Miller Community Center *No class December 26
Yoga	Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside the conference room *No class December 26
Yoga	Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside the library *No class December 27
Yoga	Cuellar Community Center 5626 San Fernando	Tues	5:00 pm	Meet inside Cuellar Community Center *No class December 22 or 29
Yoga	Lou Hamilton Community Center 10700 Nacogdoches	Wed	6:00 pm	Meet inside Hamilton Community Center *No class December 23 or 30
Family Friendly Yoga	Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom *No class December 26
Chair Yoga	Dorie Miller 2802 MLK	Sat	10:30 am	Inside Dorie Miller Community Center *No class December 26
Tai Chi	Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside the library *Must be on time to participate *No class December 25

ZUMBA

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

Class Name	Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans	Normoyle Park 700 Culberson	Mon/Wed	6:30 pm	Meet inside Normoyle Community Center *No class December 21 through 30
Zumba	Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale Community Center *No class December 23 or 30
Zumba	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	Turkey Roost pavilion *No class December 26
Zumba	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:45 pm	At the fitness center *No class December 21 through 30
Zumba	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	At the community center *No class December 24 or 31
Zumba	Arnold Park 1011 Gillette	Tues	6:00 pm	Inside the Ramirez community center *No class December 22 or 29
Zumba / Dance Mix hosted by the Y Living Center	Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the YMCA *No class December 23 or 30
Zumba hosted by the Walzem YMCA	Walzem YMCA 5538 Walzem	Sat	11:00 am	Inside the YMCA *No class December 26
Zumba hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the front desk *No class December 26
Zumba hosted by the Braundera YMCA	OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Inside the YMCA *No class December 25



DANCE FITNESS

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



Class Name	Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance	Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside the dance studio * Ages 11 to Adult *No class December 26
Adult Hip Hop Dance	LBJ Park 10700 Nacogdoches	Thurs	8:00 pm	Inside Lou Hamilton Community Center *Ages 18+ *No class December 24 or 31
Hula Dancing	LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center *No class December 21 or 28
Adult Line Dancing	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center *No class December 25
Adult Line Dancing	Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center *No class December 25
Line Dancing	Berta Almaguer Dance Studio 138 S. Josephine	Sat	1:00 pm	Inside the dance studio *No class December 26
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 *No class December 23 or 30
Intro to Folklorico Dance (Teens and Adults)	Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside the dance studio *No class December 29
Intro to Folklorico Dance for adults	Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center *No class December 25
Intro to Ballet Exercise (Teens and Adults)	Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside the dance studio *No class December 29
Belly Dancing	Lions Field Senior Center 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center *No class December 29
Belly Dancing	Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside the dance studio *No class December 26

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.

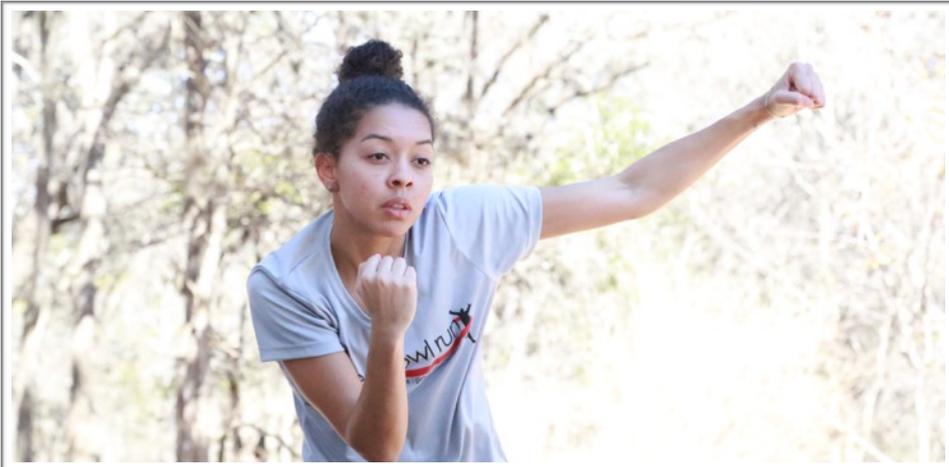
Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

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 family 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
Cardio Kickboxing	Heritage Duck Pond 900 S. Ellison	Tues	7:00 pm	Next to the pavilion
Cardio Kickboxing	Normoyle Park 700 Culberson	Thurs	6:00 pm	At Normoyle Community Center *No class December 17 through 31
Body Combat hosted by the Davis Scott YMCA	Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Inside the YMCA
Body Combat hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the front desk *No class December 26
Body Pump hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the front desk *No class December 26
Piloxing	South Side Lions Park 3100 Hiawatha	Mon	6:30 pm	Inside South Side Lions community center *No class December 21 or 28
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:00 pm	Inside the library conference room <i>*Limit of 30 participants per session</i>
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:30 pm	Inside the library conference room <i>*Limit of 30 participants per session</i>
Tae Bo	Copernicus Park 5003 Lord Rd	Tues	6:00 pm	Inside Copernicus Community Center *No class December 22 or 29
Tae Bo	Copernicus Park 5003 Lord Rd	Thurs	6:00 pm	Inside Copernicus Community Center *No class December 10, 24 or 31

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, Dec 1 ONLY	8:30 am	On the porch of the Commander's House
Walk on the River	Commander's House 622 S. Flores	Thurs, Dec 3 ONLY	8:30 am	On the porch of the Commander's House
Walking Group	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	At the Community Health & Wellness Center (Gym) *No class December 24 or 31
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	At Copernicus Community Center *No class December 24 or 31
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	At Copernicus Community Center *No class December 19 or 26



VOLUNTEER OPPORTUNITIES

Do you host a free fitness class? Are you looking to start one up? If so, consider becoming part of Fitness in the Park.

Please contact Travis.Davey@SanAntonio.gov for details. We provide participant and instructor incentives, and we have a large network of participants that might be interested in joining you.



JUST FOR KIDS

Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!

Class Name	Location	Day(s)	Time	Meeting Place
Youth Sports Conditioning	Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside the large gym *Ages 14 to 18 *No class December 23 or 30
Youth and Adult Basketball Conditioning	Copernicus Park 5003 Lord	Mon	7:00 pm	Inside the gym *No class December 21 or 28
Youth Volleyball Conditioning	Copernicus Park 5003 Lord	Wed	6:30 pm	Inside the gym *No class December 23 or 30
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside the gym *Middle School Ages *No class December 19 or 26
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside the gym *High School Ages *No class December 19 or 26
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i> *No class December 22 or 29

MOM, POP AND TOT

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

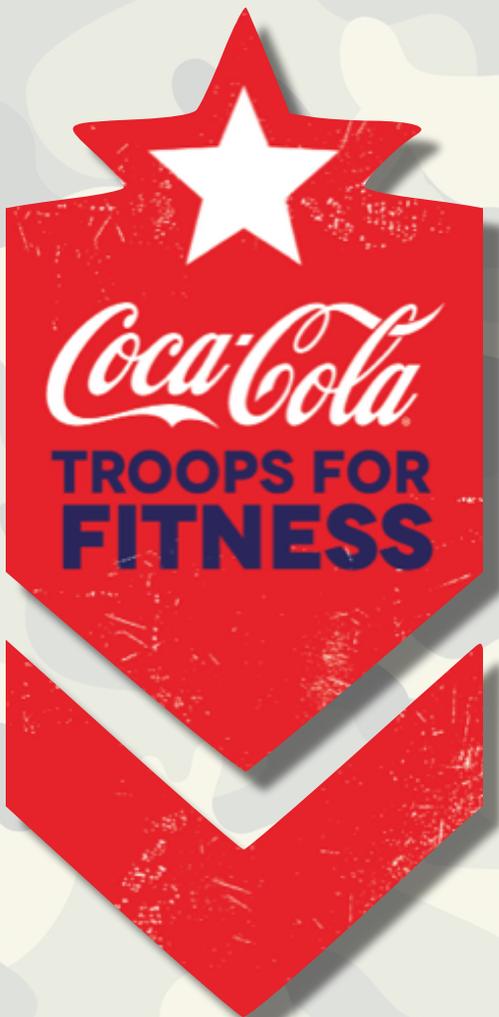
Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Sat, December 5	9:30 am	Picnic tables *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! The newly renovated Labor Street Park is home to a brand new set of marked RoTenGo courts for your enjoyment.



Class Name	Location	Day(s)	Time	Meeting Place
Adult Table Tennis	Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside the library *No class December 24 or 31
Adult Table Tennis	Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside the library *No class December 26
Modified Tennis	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	At the Granados Adult & Senior Center
Pickleball	LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center gym *No class December 26
Pickleball	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	At the Granados Adult & Senior Center
RoTenGo	Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Upstairs gym *No class December 25
Chair Volleyball for adults	Lackland Terrace Park 7902 Westshire	Tues / Thurs	9:30 am	Inside Gill adult and senior center *No class December 24 or 31
Adult Tennis	McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19 *No class December 23 or 30 <i>*Also open to adaptive players and Wounded Warriors</i>



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
- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Veterans Memorial Park
(Cibolo)
Highland Park
- **Core Training**
Perez Park
- **Low Impact Circuit**
Lackland Terrace Park
- **Family Fitness Frenzy**
LBJ Park
Perez Park



Holiday Buster Workouts

Fitness in the Park *Spotlight* December 2015

December 24 - Take a walk around the neighborhood with your family and enjoy at the holiday decorations. Rate each house on a scale of 1 to 10 and complete that number of burpees in front of their house.

December 25 - Complete 10 push ups before opening each gift. This is a great way to create a happy healthy holiday season for your family.

December 26 - Go for a walk or ride on one of the city's beautiful greenway trails. Find a trailhead near you at <http://www.sanantonio.gov/ParksAndRec/ParksFacilities/Trails/GreenwayTrails.aspx>

December 27 - Complete 50 sit ups per hour for 4 consecutive hours.

December 31 - Get creative and develop your own Holiday Buster. Submit your workout on Facebook, Twitter & Instagram with your post-workout photo. If you don't want to create your own, browse through the workouts submitted by others and select your favorite.

January 1 - Start off the New Year on the right foot with a full body workout. Visit one of San Antonio Parks and Recreation's outdoor fitness stations. Find a location at [http://www.sanantonio.gov/ParksAndRec/ParksFacilities/SpecialtyParksAmenities/FitnessStations\(Outdoor\).aspx](http://www.sanantonio.gov/ParksAndRec/ParksFacilities/SpecialtyParksAmenities/FitnessStations(Outdoor).aspx). Don't forget your smartphone or mobile device. You can scan the conveniently located QR code on each machine to learn how to use that station.



Monday December 7	Tuesday December 8	Wednesday December 9	Thursday December 10	Friday December 11	Saturday December 12	Sunday December 13
5:15 am Circuit Training Walker Ranch Park	8:30 am Low Impact Circuit Lions Field Park	8:30 am Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	10:00 am Line Dancing Lackland Terrace Park	9:00 am CrossFit McAllister 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	Circuit Training Lou Kardon Park	1:00 pm Table Tennis Mission Library	Line Dancing Granados Center	Zumba McAllister Park	11:00 am Circuit Training Hardberger Park West
8:00 am Cross Fit West End Park	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	5:30 pm Walking Group Woodlawn Lake Park	11:00 am Tai Chi Pan American Library	Hip Hop Dance Berta Almaguer Studio	Yoga Pan American Library
8:30 am Circuit Training Panther Springs Park	10:00 am Low Impact Fitness Commander's House	5:30 pm Family Fitness Frenzy LBJ Park	Circuit Training Bonnie Conner Park	Folklorico Granados Center	Boot Camp Lions Field	12:00 pm Family Fitness Hardberger Park West
Circuit Training Stone Oak Park	Folklorico Berta Almaguer Studio	Circuit Training Labor Street Park	Boot Camp Southside Lions Park	5:00 pm Core Training Cuellar Park	9:30 am Boot Camp Hardberger Park East	
9:00 am Low Impact Circuit West End Park	11:00 am Ballet Exercise Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	5:30 pm Boot Camp Palm Heights Park	10:00 am Zumba Rosedale Park	
9:30 am Modified Tennis Granados Center	11:30 am Lunch Crunch Travis Park	Cross Training Garza Park	Cardio Kickboxing Normoyle Park	6:00 pm Zumba OP Schnabel Park	Circuit Training McAllister Park	
10:00 am Low-Impact Circuit Fairman Library	12:00 pm Circuit Training Travis Park	Cardio Kickboxing Walker Ranch Park	6:30 pm Circuit Training Woodlawn Lake Park	6:00 pm Rotengo Jesse James Leija Gym	Cross Fit Monterrey Park	
10:30 am Pickleball Granados Park	1:00 pm Table Tennis Mission Library	Adult Tennis McFarlin Tennis Center	Interval Training Bonnie Conner Park	Beg. Weight Training Cuellar Park	10:30 am Chair Yoga Dorie Miller Park	
4:00 pm Martial Arts Encino Library	5:00 pm Circuit Training Heritage Duck Pond	Yoga LBJ Park	6:45 pm Zumba South Side Lions Park		11:00 am Zumba Wälzern YMCA	
4:30 pm Martial Arts Encino Library	Yoga Cuellar Park	Boot Camp LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park		Interval Training McAllister Park	
5:00 pm Strength Cuellar Park	Kids Cross Fit Rainbow Hills Park	Boot Camp Garza Park	7:30 pm Cross Fit Woodlawn Lake Park		Body Pump Rosedale Park	
5:30 pm Walking Group Woodlawn Lake Park	5:30 pm Circuit Training Bonnie Conner Park	Zumba Jimmy Flores Park	Boot Camp Palm Heights Park		Boot Camp Hardberger Park West	
Family Fitness Perez Park	Belly Dancing Lions Field	Zumba Normoyle Park			11:30 am Yoga Dorie Miller	
6:00 pm Conditioning Cuellar Park	6:00 pm Cross Training Garza Park	Conditioning Labor Street Park			12:00 pm Body Combat Rosedale Park	
Hula LBJ Park	Circuit Training Enrique Barrera FC	Interval Training Ward Park			1:00 pm Walk It Out Fitness Copernicus Park	
Bailar es vivir Enrique Barrera FC	Cross Fit Highland Park	Body Combat Pittman-Sullivan Park			Line Dancing Berta Almaguer	
Circuit Training Collins Garden Park	Zumba Arnold Park	Volleyball Conditioning Copernicus Park			2:00 pm Circuit Training Mission Library	
Boot Camp Encino Library	Tae Bo Copernicus Park	7:00 pm Interval Training Walker Ranch Park			Basketball Conditioning Arnold Park	
6:30 pm Piloxing South Side Lions Park	CrossFit Heritage Duck Pond	Youth Sports Cond Cuellar Park			2:30 pm Boot Camp Palm Heights Park	
Boot Camp Garza Park	Adaptive Cross Fit Rainbow Hills Park	Zumba Harlandale Park			3:00 pm Basketball Conditioning Arnold Park	
Boot Camp Harlandale Park	Interval Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park			3:30 pm Table Tennis Mission Library	
Boot Camp South San Park	7:00 pm Interval Training Highland Park	7:30 pm CrossFit Ward Park				
Circuit Training Woodlawn Lake Park	Cardio Kickboxing Heritage Duck Pond	Boot Camp Palm Heights Park				
Zumba Normoyle Park						
Core Training Perez Park						
6:45 pm Zumba Barrera Fitness Center						
7:00 pm Low Impact Circuit Collins Garden Park						
Core Training Perez Park						
Basketball Conditioning Copernicus Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						

WEEKLY SCHEDULE

DECEMBER 2015

Monday December 14	Tuesday December 15	Wednesday December 16	Thursday December 17	Friday December 18	Saturday December 19	Sunday December 20
5:15 am Circuit Training Walker Ranch Park	8:30 am Low Impact Circuit Lions Field Park	8:30 am Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	10:00 am Line Dancing Lackland Terrace Park	9:00 am Interval Training Veterans Memorial 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	Circuit Training Lou Kardon Park	1:00 pm Table Tennis Mission Library	Line Dancing Granados Center	Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
8:00 am Cross Fit West End Park	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	5:30 pm Circuit Training Bonnie Conner Park	11:00 am Folklorico Granados Center	Zumba McAllister Park	Yoga Pan American Library
8:30 am Circuit Training Panther Springs Park	10:00 am Low Impact Fitness Commander's House	5:30 pm Family Fitness Frenzy LBJ Park	Walking Group Woodlawn Lake Park	Tai Chi Pan American Library	Hip Hop Dance Berta Almaguer Studio	12:00 pm Family Fitness Hardberger Park West
Circuit Training Stone Oak Park	Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	Boot Camp Southside Lions Park	5:30 pm Boot Camp Palm Heights Park	Cross Fit McAllister Park	
9:00 am Low Impact Circuit West End Park	11:00 am Ballet Exercise Berta Almaguer Studio	Circuit Training Labor Street Park	6:00 pm Cross Training Garza Park	6:00 pm Zumba OP Schnabel Park	Boot Camp Lions Field	
9:30 am Modified Tennis Granados Center	11:30 am Lunch Crunch Travis Park	Cross Training Garza Park	6:30 pm Circuit Training Woodlawn Lake Park	Rotengo Jesse James Leija Gym	Belly Dancing Berta Almaguer	
10:00 am Low-Impact Circuit Parman Library	12:00 pm Circuit Training Travis Park	Cardio Kickboxing Walker Ranch Park	Interval Training Bonnie Conner Park		9:30 am Boot Camp Hardberger Park East	
10:30 am Pickleball Granados Park	1:00 pm Table Tennis Mission Library	Adult Tennis McFarlin Tennis Center	6:45 pm Zumba South Side Lions Park		10:00 am Zumba Rosedale Park	
4:00 pm Martial Arts Encino Library	5:00 pm Circuit Training Heritage Duck Pond	Yoga LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park		Circuit Training McAllister Park	
4:30 pm Martial Arts Encino Library	Yoga Cuellar Park	6:30 pm Boot Camp LBJ Park	7:30 pm Cross Fit Woodlawn Lake Park		Cross Fit Monterrey Park	
5:00 pm Strength Cuellar Park	Kids Cross Fit Rainbow Hills Park	Boot Camp Garza Park	8:00 pm Hip Hop Dance LBJ Park		Chair Yoga Dorie Miller Park	
5:30 pm Low Impact Circuit Encino Library	5:30 pm Circuit Training Bonnie Conner Park	Zumba Jimmy Flores Park			Yoga Hardberger Park East	
6:00 pm Walking Group Woodlawn Lake Park	Belly Dancing Lions Field	Zumba Normoyle Park			11:00 am Zumba Walzem YMCA	
6:00 pm Conditioning Cuellar Park	6:00 pm Cross Training Garza Park	Conditioning Labor Street Park			Body Pump Rosedale Park	
Hula LBJ Park	Circuit Training Enrique Barrera FC	Interval Training Ward Park			Interval Training McAllister Park	
Bailar es vivir Enrique Barrera FC	Cross Fit Highland Park	Body Combat Pittman-Sullivan Park			Boot Camp Hardberger Park West	
Circuit Training Collins Garden Park	Zumba Arnold Park	Volleyball Conditioning Copernicus Park			11:30 am Yoga Dorie Miller	
Boot Camp Encino Library	Tae Bo Copernicus Park	7:00 pm Interval Training Walker Ranch Park			12:00 pm Body Combat Rosedale Park	
6:30 pm Piloxing South Side Lions Park	CrossFit Heritage Duck Pond	Youth Sports Cond Cuellar Park			1:00 pm Line Dancing Berta Almaguer	
6:30 pm Boot Camp Garza Park	Adaptive Cross Fit Rainbow Hills Park	7:15 pm Zumba Harlandale Park			Yoga Mission Library	
6:30 pm Boot Camp Harlandale Park	Interval Training Bonnie Conner Park	7:30 pm CrossFit Ward Park			2:00 pm Circuit Training Mission Library	
6:30 pm Boot Camp South San Park	6:30 pm Interval Training Bonnie Conner Park	7:30 pm Boot Camp Palm Heights Park			2:30 pm Boot Camp Palm Heights Park	
6:30 pm Circuit Training Woodlawn Lake Park	7:00 pm Interval Training Highland Park				3:30 pm Table Tennis Mission Library	
Zumba Normoyle Park	Cardio Kickboxing Heritage Duck Pond					
Core Training Perez Park	7:30 pm Boot Camp Palm Heights Park					
Zumba Barreira Fitness Center						
7:00 pm Low Impact Circuit Collins Garden Park						
7:00 pm Core Training Perez Park						
Basketball Conditioning Copernicus Park						
7:30 pm Cross Fit Woodlawn Lake Park						
7:30 pm Cross Fit Harlandale Park						

Monday December 21	Tuesday December 22	Wednesday December 23	Thursday December 24	Friday December 25	Saturday December 26	Sunday December 27
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<p>5:15 am Circuit Training Walker Ranch Park</p> <p>6:00 am Interval Training Walker Ranch Park</p> <p>8:30 am Circuit Training Panther Springs Park</p> <p>9:30 am Circuit Training Stone Oak Park</p> <p>9:30 am Modified Fitness Granados Center</p> <p>10:00 am Low-Impact Circuit Parman Library</p> <p>10:30 am Social Walk Lackland Terrace Park</p> <p>10:30 am Pickleball Granados Park</p> <p>4:00 pm Martial Arts Encino Library</p> <p>4:30 pm Martial Arts Encino Library</p> <p>5:00 pm Strength Cuelar Park</p> <p>5:30 pm Low Impact Circuit Encino Library</p> <p>5:30 pm Walking Group Woodlawn Lake Park</p> <p>6:00 pm Family Fitness Perez Park</p> <p>6:00 pm Conditioning Cuelar Park</p> <p>Bailar es vivir Enrique Barrera FC</p> <p>6:30 pm Circuit Training Collins Garden Park</p> <p>6:30 pm Boot Camp Encino Library</p> <p>6:30 pm Boot Camp Harlandale Park</p> <p>6:30 pm Boot Camp South San Park</p> <p>6:30 pm Circuit Training Woodlawn Lake Park</p> <p>7:00 pm Core Training Perez Park</p> <p>7:00 pm Low Impact Circuit Collins Garden Park</p> <p>7:00 pm Core Training Perez Park</p> <p>7:30 pm Cross Fit Woodlawn Lake Park</p> <p>7:30 pm Cross Fit Harlandale Park</p>	<p>8:30 am Low Impact Circuit Lions Field Park</p> <p>9:30 am Stroller Strides Hardberger Park East</p> <p>10:00 am Chair Volleyball Lackland Terrace Park</p> <p>10:00 am Low Impact Fitness Commander's House</p> <p>Folklorico Berta Almaguer Studio</p> <p>11:00 am Ballet Exercise Berta Almaguer Studio</p> <p>11:30 am Lunch Crunch Travis Park</p> <p>12:00 pm Circuit Training Travis Park</p> <p>1:00 pm Table Tennis Mission Library</p> <p>5:00 pm Circuit Training Heritage Duck Pond</p> <p>5:30 pm Circuit Training Bonnie Conner Park</p> <p>Belly Dancing Lions Field</p> <p>6:00 pm Cross Fit Highland Park</p> <p>6:30 pm Circuit Training Enrique Barrera FC</p> <p>CrossFit Heritage Duck Pond</p> <p>6:30 pm Interval Training Bonnie Conner Park</p> <p>7:00 pm Interval Training Highland Park</p> <p>7:00 pm Cardio Kickboxing Heritage Duck Pond</p>	<p>8:30 am Circuit Training Panther Springs Park</p> <p>10:00 am Circuit Training Lou Kardon Park</p> <p>10:00 am Low Impact Circuit Lackland Terrace Park</p> <p>5:30 pm Family Fitness Frenzy LBJ Park</p> <p>6:00 pm Circuit Training Labor Street Park</p> <p>6:00 pm Cardio Kickboxing Walker Ranch Park</p> <p>6:30 pm Boot Camp LBJ Park</p> <p>7:00 pm Interval Training Ward Park</p> <p>7:30 pm Body Combat Pittman-Sullivan Park</p> <p>7:30 pm Conditioning Labor Street Park</p> <p>7:30 pm Interval Training Walker Ranch Park</p> <p>7:30 pm Cross Fit Ward Park</p>	<p><u>Holiday Buster</u></p> <p>Take a walk around the neighborhood with your family and enjoy at the holiday decorations. Rate each house on a scale of 1 to 10 and complete that number of burpees in front of their house.</p>	<p><u>Holiday Buster</u></p> <p>Complete 10 push ups before opening each gift. This is a great way to create a happy healthy holiday season for your family.</p>	<p><u>Holiday Buster</u></p> <p>Go for a walk or ride on one of the city's beautiful greenway trails. Get more details on page 16 (Spotlight).</p>	<p><u>Holiday Buster</u></p> <p>Complete 50 sit ups per hour for 4 consecutive hours.</p>
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Fitness in the park

WEEKLY SCHEDULE

DECEMBER 2015 - JANUARY 2016

Monday December 28	Tuesday December 29	Wednesday December 30	Thursday December 31	Friday January 1	Saturday January 2	Sunday January 3
<p>5:15 am Circuit Training Walker Ranch Park</p> <p>6:00 am Interval Training Walker Ranch Park</p> <p>8:30 am Circuit Training Panther Springs Park</p> <p>Circuit Training Stone Oak Park</p> <p>9:30 am Modified Tennis Granados Center</p> <p>10:00 am Low-Impact Circuit Parman Library</p> <p>Social Walk Lackland Terrace Park</p> <p>10:30 am Pickleball Granados Park</p> <p>4:00 pm Martial Arts Encino Library</p> <p>4:30 pm Martial Arts Encino Library</p> <p>5:00 pm Strength Cuellar Park</p> <p>Low Impact Circuit Encino Library</p> <p>5:30 pm Walking Group Woodlawn Lake Park</p> <p>6:00 pm Conditioning Cuellar Park</p> <p>Bailar es vivir Enrique Barrera FC</p> <p>Circuit Training Collins Garden Park</p> <p>Boot Camp Encino Library</p> <p>6:30 pm Boot Camp Harlandale Park</p> <p>Boot Camp South San Park</p> <p>Circuit Training Woodlawn Lake Park</p> <p>7:00 pm Low Impact Circuit Collins Garden Park</p> <p>7:30 pm Cross Fit Woodlawn Lake Park</p> <p>Cross Fit Harlandale Park</p>	<p>8:30 am Low Impact Circuit Lions Field</p> <p>9:30 am Stroller Strides Hardberger Park East</p> <p>Chair Volleyball Lackland Terrace Park</p> <p>10:00 am Low Impact Fitness Commander's House</p> <p>11:30 am Lunch Crunch Travis Park</p> <p>12:00 pm Circuit Training Travis Park</p> <p>1:00 pm Table Tennis Mission Library</p> <p>5:00 pm Circuit Training Heritage Duck Pond</p> <p>5:30 pm Circuit Training Bonnie Conner Park</p> <p>6:00 pm Circuit Training Enrique Barrera FC</p> <p>Cross Fit Highland Park</p> <p>CrossFit Heritage Duck Pond</p> <p>6:30 pm Interval Training Bonnie Conner Park</p> <p>7:00 pm Interval Training Highland Park</p> <p>Cardio Kickboxing Heritage Duck Pond</p>	<p>8:30 am Circuit Training Panther Springs Park</p> <p>Circuit Training Lou Kardon Park</p> <p>6:00 pm Bailar es vivir Enrique Barrera FC</p> <p>Cardio Kickboxing Walker Ranch Park</p> <p>6:30 pm Interval Training Ward Park</p> <p>Body Combat Pittman-Sullivan Park</p> <p>7:00 pm Interval Training Walker Ranch Park</p> <p>7:15 pm Zumba Harlandale Park</p> <p>7:30 pm Cross Fit Ward Park</p>	<p><u>Holiday Buster</u></p> <p>Get creative and develop your own Holiday Buster. Submit the workout on Facebook and Twitter to share with your post-workout photo.</p>	<p><u>Holiday Buster</u></p> <p>Start off the New Year on the right foot with a full body workout. Visit one of San Antonio Parks and Recreation's outdoor fitness stations. Get more details on page 16 (Spotlight).</p>	<p>9:00 am Pickleball LBJ Park</p> <p>Zumba McAllister Park</p> <p>Hip Hop Dance Berta Almaguer Studio</p> <p>Cross Fit McAllister Park</p> <p>Interval Training Veterans Memorial Park</p> <p>Boot Camp Lions Field</p> <p>10:00 am Zumba Rosedale Park</p> <p>Circuit Training McAllister Park</p> <p>Cross Fit Monterrey Park</p> <p>11:00 am Zumba Walzem YMCA</p> <p>Body Pump Rosedale Park</p> <p>Interval Training McAllister Park</p> <p>Boot Camp Hardberger Park West</p> <p>12:00 pm Body Combat Rosedale Park</p> <p>1:00 pm Walk It Out Fitness Copernicus Park</p> <p>Line Dancing Berta Almaguer</p> <p>2:00 pm Basketball Conditioning Arnold Park</p> <p>2:30 pm Boot Camp Palm Heights Park</p> <p>3:00 pm Basketball Conditioning Arnold Park</p> <p>3:30 pm Table Tennis Mission Library</p>	<p>10:00 am Interval Training Hardberger Park West</p> <p>11:00 am Circuit Training Hardberger Park West</p> <p>Yoga Pan American Library</p> <p>12:00 pm Family Fitness Hardberger Park West</p>