



# Fitness in the park

## JULY 2016 SCHEDULE

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



Indoor Class



Outdoor Class



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

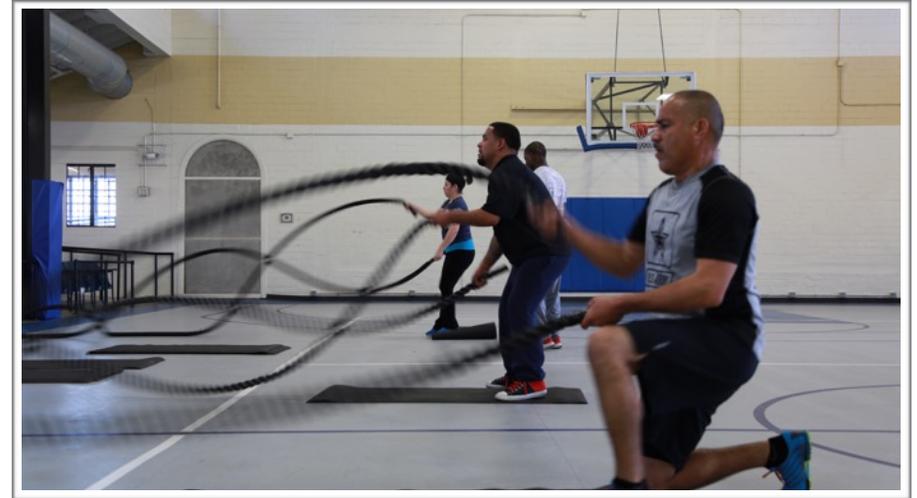


**@SAParksFitness**  
San Antonio Parks and Recreation Fitness

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

# BOOT CAMPS

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



Class Name	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp	 Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center <b>*No class July 4</b>
Adult Boot Camp	  Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center <b>*No class July 4</b>
Adult Boot Camp	 Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom <b>*No class July 2</b>
Boot Camp	 South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center <b>*No class July 4</b>
Boot Camp	  South Side Lions Park 3100 Hiawatha	Thurs	5:45 pm	Inside South Side Lions Community Center
Boot Camp	  Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library <b>*No class July 2</b>
Boot Camp	 Travis Park 301 E Travis	Wed	5:30 pm	In the park
Boot Camp hosted by Alamo Nutrition	 McAllister Park 13102 Jones Maltsberger	Tues / Thurs	6:00 pm	At the outdoor fitness stations
Boot Camp hosted by Alamo Nutrition	 Stone Oak Park 20395 Stone Oak Parkway	Sat	9:00 am	At the outdoor fitness stations



# CIRCUIT TRAINING

Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations
Adult Circuit Training	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues/Thurs	6:00 pm	Inside Enrique Barrera Fitness Center <b>*No class July 7</b>
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Thurs	5:30 pm	Next to the playground
Adult Circuit Training		Labor Street Park 436 Labor Street	Wed, July 6	5:30 pm	At the outdoor fitness stations
Adult Circuit Training		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) <b>*No class July 4</b>
Adult Circuit Training		Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the playground
Outdoor Circuit hosted by the Mays Family YMCA		Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk <b>*No class July 4</b>
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion <b>*No class July 4</b>
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts <b>*No class July 24</b>
Adult Circuit Training		Lockwood Park 801 N. Olive	Sun	10:00 am	Near the Farmer's Market <b>*No class July 3, 17 or 31</b>

# CIRCUIT TRAINING, CROSS TRAINING AND MORE



Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations <b>*No class July 4</b>
Adult Circuit Training		Cuellar Park 5626 San Fernando	Mon	5:30 pm	Inside the small gym <b>*No class July 4</b>
Low Impact Circuit Training	 	Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library <b>*No class July 2</b>
Low-Impact Circuit Training	 	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library <b>*No class July 4</b>
Adult Low-Impact Circuit Training		Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Adult Low Impact Circuit Training		West End Park 1401 N Hamilton	Mon/Fri	8:30 am	Next to Frank Garrett Center <b>*No class July 4</b>
Cross Training		Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	6:30 pm	Next to the playground <b>*No class July 4</b>
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	7:00 pm	Next to the playground <b>*No class July 4</b>

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

# 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	Thurs	6:30 pm	Next to the playground
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 <b>*No class July 24</b>
Interval Training 	McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training 	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training 	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion <b>*No class July 4</b>
Interval Training  	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) <b>*No class July 4</b>



# CYCLE CIRCUIT

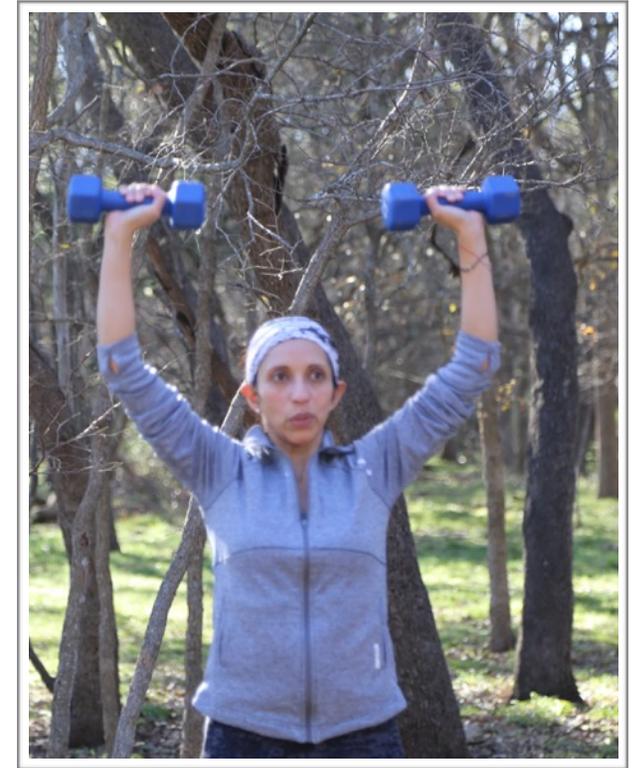
Cycle Circuit is a unique blend of cycling and circuit training. During each session, participants will engage in a series of exercises at designated stopping points followed by a period of cycling. Each participant must have his/her own bicycle and helmets are required.

Class Name	Location	Day(s)	Time	Meeting Place
Cycle Circuit  	Mission Library 3134 Roosevelt	Sat	2:00 pm	Meet in the library courtyard <b>*In the case of rain, meet inside the library for a traditional circuit training class</b> <b>*No class July 2</b>

# FAMILY FITNESS FRENZY

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

Class Name	Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	 OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground <b>*No class July 4</b>
Family Fitness Frenzy	 Lockwood Park 801 N. Olive	Sun	11:00 am	Near the Farmer's Market <b>*No class July 3, 17 or 31</b>



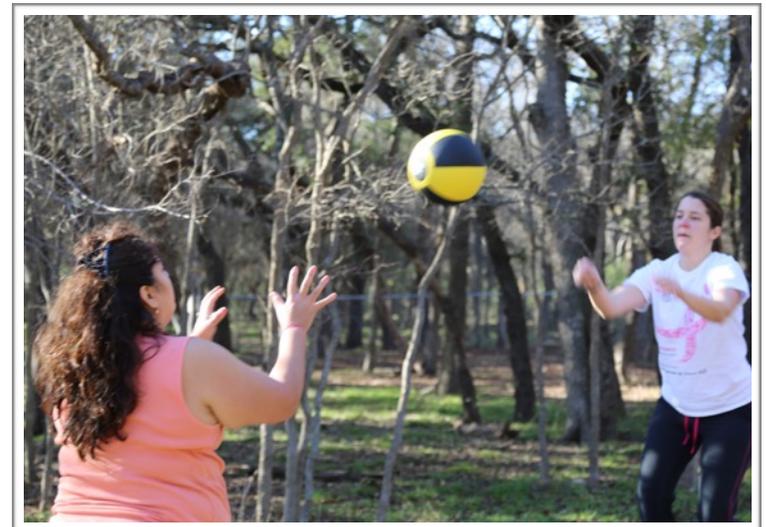
# STRENGTH AND CONDITIONING

Class Name	Location	Day(s)	Time	Meeting Place
ELITE Strength & Conditioning (Conditioning)	 Labor Street Park 436 Labor Street	Wed, July 6	6:30 pm	At the outdoor fitness stations

# CROSS FIT

Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

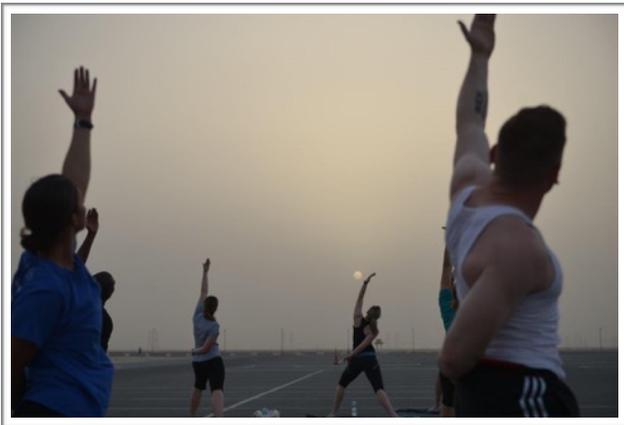
Class Name	Location	Day(s)	Time	Meeting Place
Cross Fit 	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit 	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center <b>*No class July 4</b>
Cross Fit 	McAllister Park 13102 Jones Maltzberger	Sat	9:00 am	At the Turkey Roost pavilion
Cross Fit 	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center
Cross Fit for Kids 	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field
Cross Fit for Adults 	Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field
Cross Fit 	Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground
Cross Fit 	Pearsall Park 4700 Old Pearsall Rd.	Wed	6:00 pm	At the Fitness Challenge Zone



# YOGA, TAI CHI & MEDITATION

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

Class Name		Location	Day(s)	Time	Meeting Place
Yoga		Highland Park 901 Rigsby	Sat	11:30 am	Inside Bode Community Center
Yoga	 	Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside Mission Library <b>*No class July 2</b>
Yoga		Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga		LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Family Friendly Yoga		Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom <b>*No class July 2</b>
Family Friendly Yoga		Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations <b>*No class July 4</b>
Chair Yoga		Highland Park 901 Rigsby	Sat	10:30 am	Inside Bode Community Center
Tai Chi		Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
Stretching and Recovery		Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts <b>*No class July 24</b>
Meditation		Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center
Yoga		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon / Wed	5:30 pm	Inside Enrique Barrera Fitness Center <b>*No class July 4</b>



# AQUA ZUMBA

Water Fitness is a great way to stay cool while getting a low impact workout. The water provides resistance and a soothing motion for your joints. Join the exceptional staff at the San Antonio Natatorium for this exciting, fun and motivational class

Class Name		Location	Day(s)	Time	Meeting Place
Water Fitness		San Antonio Natatorium 1430 W. Cesar Chavez	Tues / Thurs	11:45 am	Inside the Natatorium Pool
Aqua Zumba		San Pedro Pool 2200 N. Flores	Wed	6:30 pm	Inside the pool <b>*No class July 27</b>
Aqua Zumba		Normoyle Pool 700 Culberson	Tues	5:45 pm	Inside the pool



# LAP SWIMMING

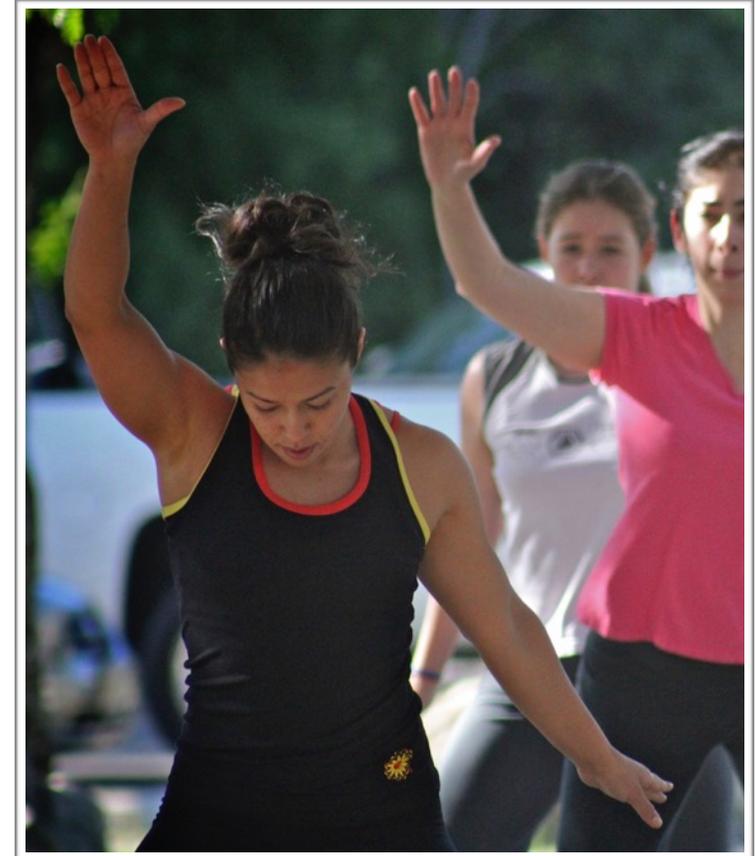
Lap Swimming is a great full body workout that combines cardiovascular endurance with muscular strength training. Stay cool and get fit this summer with San Antonio Parks and Recreation Lap Swimming program.

Class Name		Location	Day(s)	Time	Meeting Place
Lap Swimming		Woodlawn Lake Park 221 Alexander	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool
Lap Swimming		Southside Lions Park 3100 Hiawatha	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool
Lap Swimming		LBJ Park 10700 Nacogdoches	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool
Lap Swimming		Heritage Park 1423 Ellison	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool

# 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 Toning	 McAllister Park 13102 Jones Maltzberger	Sat	9:00 am	At the Turkey Roost Pavilion
Zumba in partnership with Community First Health Plans	  South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	Inside South Side Lions Community Center
Zumba	 Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center	 Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Family YMCA
Zumba hosted by the Westside YMCA	 Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at OP Schnabel Park	 OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Adult Zumba in partnership with Community First Health Plans	 Lions Field 2809 Broadway	Wed	7:00 pm	Inside Lions Field Adult and Senior Center
Zumba	 Hardberger Park West 8400 NW Military	Sat	8:00 am	On the patio of the Phil Hardberger Park Urban Ecology Center <b>*July 30th will meet at 9 am</b>
Zumba	 Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:45 pm	Inside Enrique Barrera Community Fitness Center <b>*No class July 4</b>
Zumba hosted by Community First Health Plans	  Garza Park 1450 Mira Vista	Tues	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans	  LBJ Park 10700 Nacogdoches	Sat	11:30 am	Inside Lou Hamilton Community Center



# DANCE FITNESS

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



Class Name		Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio <b>*Ages 11 to Adult</b>
Hula Dancing		LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center <b>*No class July 4</b>
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center
Line Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	3:30 pm	Inside Berta Almaguer Dance Studio
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon/Wed	5:30 pm	Inside Enrique Barrera Fitness Center <b>*Class taught in Spanish *No class July 4</b>
Intro to Folklorico Dance (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio
Intro to Folklorico Dance for adults		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center
Intro to Ballet Exercise (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio



# MORE DANCE FITNESS

Class Name		Location	Day(s)	Time	Meeting Place
Adult Belly Dancing		Lions Field Adult & Senior Center 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Belly Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio
ATS Belly Dancing		Encino Library 2515 East Evans Rd.	Sun	5:00 pm	Inside Encino Library <b>*No class July 31</b>
Adult Belly Dancing		Granados Park 500 Freiling	Wed	12:30 pm	Inside Granados Adult & Senior Center
Adult Belly Dancing		Commander's House 622 S. Flores	Tues	11:00 am	Inside Commander's House
Adult Caribe Rico Miderno		Lions Field Adult & Senior Center 2809 Broadway	Tues	6:30 pm	Inside Lions Field Adult & Senior Center
Adult Caribe Rico Miderno		Granados Park 500 Freiling	Wed	1:30 pm	Inside Granados Adult & Senior Center

# MORE CARDIO

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength routines. The goal is to improve all elements of fitness including flexibility, muscular strength, and cardio vascular fitness.

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

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

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

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

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

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



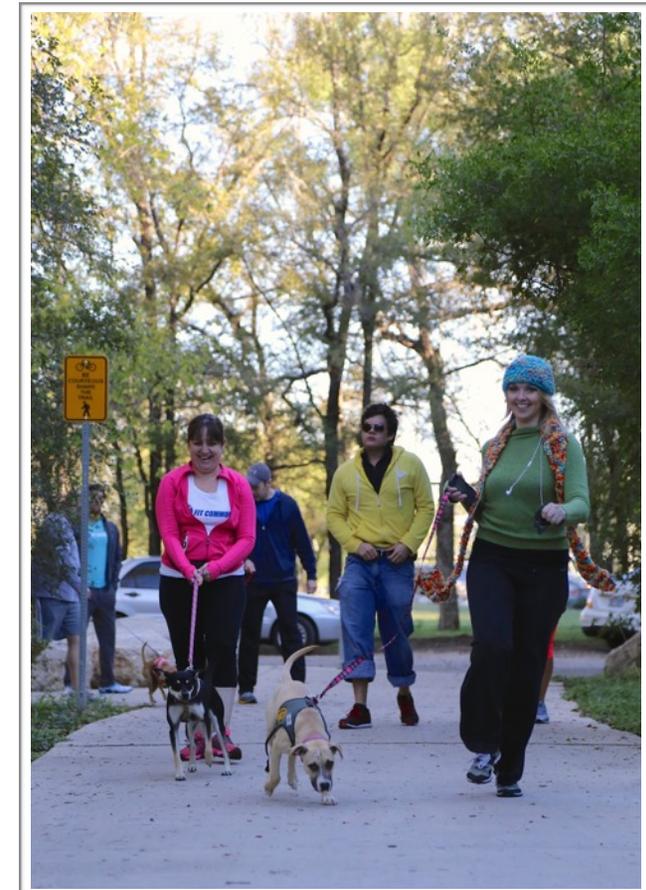
Class Name	Location	Day(s)	Time	Meeting Place
Cardio Kickboxing 	Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Body Combat hosted by the Davis Scott YMCA 	Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Check in at the Davis-Scott YMCA reception desk
Body Combat hosted by the Westside YMCA 	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Body Pump hosted by the Westside YMCA 	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Piloxing 	South Side Lions Park 3100 Hiawatha	Mon	6:30 pm	Inside South Side Lions Community Center <b>*No class July 4</b>
Family Martial Arts  	Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside Encino Library <i>*Limit of 30 participants per session</i> <b>*No class July 2</b>
Family Martial Arts  	Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library <i>*Limit of 30 participants per session</i> <b>*No class July 2</b>
Tae Bo 	Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center <b>*No class July 14 or 28</b>
Build hosted by BBE Fitness 	Brackenridge Park 3700 N St. Mary's	Sun, July 10	12:00 pm	At Cypress Pavilion
Zumba hosted by BBE Fitness 	Brackenridge Park 3700 N St. Mary's	Sun, July 24	12:00 pm	At Cypress Pavilion

# 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!

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

Class Name		Location	Day(s)	Time	Meeting Place
Social Walk		Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center <b>*No class July 4</b>
Power Walk		Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River		Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) <b>*No class July 4</b>
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus Community Center
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	Inside Copernicus Community Center
Community Walk		Pittman-Sullivan Park 1213 Iowa	Sat, July 23	8:30 am	At the Davis-Scott YMCA entrance
Walking Group		West End Park 1401 N Hamilton	Mon/Fri	9:30 am	Next to Frank Garrett Center <b>*No class July 4</b>
Trails for Tails		Eisenhower Park 19399 NW Military	Fri	6:00 pm	At the pavilion next to the playground
Trail Walking		Pearsall Park 4700 Old Pearsall Rd	Wed	5:00 pm	At the Fitness Challenge Zone





# 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
Cross Fit for Kids		Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field *Adaptive Athletes encouraged to attend

# MOM, POP & TOT

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

Class Name		Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call <b>800-279-7430</b>
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Sat, July 2	9:30 am	Picnic tables *For inclement weather cancellations call <b>800-279-7430</b>

# NET SPORTS

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

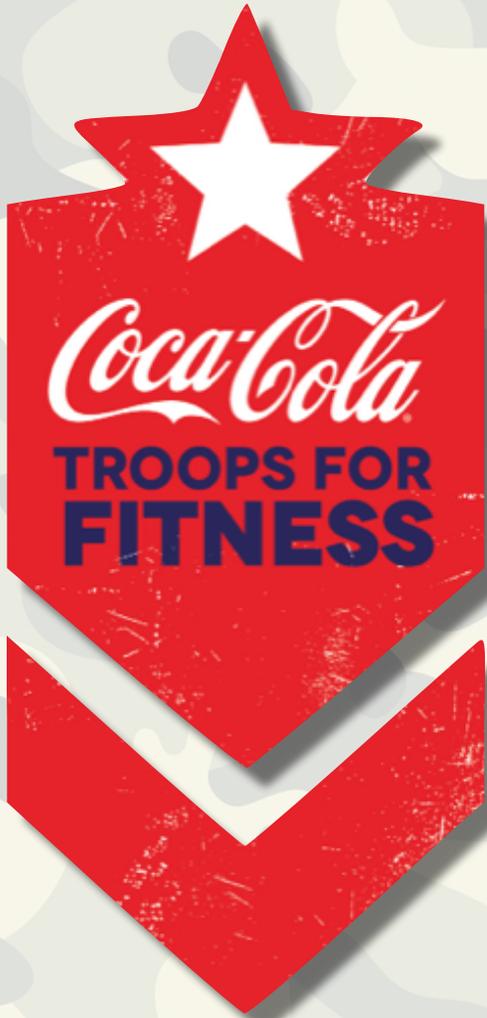


Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside Mission Library
Adult Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center <b>*No class July 4</b>
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Adult Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center <b>*No class July 4</b>
RoTenGo		Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Inside Jesse James Leija Gym (Upstairs)
RoTenGo		Labor Street Park 442 Labor Street	Tues	6:15 pm	Meet on the RoTenGo courts
Chair Volleyball for adults		Lackland Terrace Park 7902 Westshire	Tues	9:30 am	Inside Gill Adult & Senior Center
Adult Tennis		McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19

# TROOPS FOR FITNESS

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

- **Adult Boot Camp**  
Harlandale Park
- **Yoga**  
Enrique Barrera Center
- **Cross Fit**  
McAllister Park  
Harlandale Park  
Highland Park  
Ward Park
- **Circuit Training**  
Bonnie Conner Park  
Lou Kardon Park  
McAllister Park  
Labor Street
- **Interval Training**  
McAllister Park  
Bonnie Conner Park  
Ward Park  
Highland Park
- **Core Training**  
OP Schnabel Park
- **Low Impact Circuit**  
Lackland Terrace Park  
Parman Library
- **Family Fitness Frenzy**  
OP Schnabel Park
- **Conditioning**  
Labor Street Park



# Gloria Simmons

Gloria Simmons is an avid yoga instructor who dedicates her time to leading free yoga and chair yoga sessions on San Antonio's east side. Although classes are typically hosted at Dorie Miller Community Center, during the summer that center is not available. Rather than canceling her classes, Gloria moves her classes to nearby Bode Community Center.

Visit Gloria every Saturday at 10:30 am for chair yoga and 11:30 am for a more traditional yoga experience. You will be sure to meet new friends, get a great workout and be inspired by Gloria and her dedicated followers.

Don't forget, every Fitness in the Park class is part of Fit Pass 2016 so bring your passport or mobile device to collect your points.

Fit Pass is a family-oriented program designed to help jumpstart a healthy lifestyle. By getting involved in a variety of free and low-cost health and wellness activities throughout San Antonio, you are bound to find something that you enjoy and will continue with well after the summer Fit Pass season.

**FITPASS 2016**  
A PASSPORT TO A **HEALTHIER** YOU.



@SAParksFitness

San Antonio Parks and Recreation Fitness

## Fitness in the Park *Spotlight* July 2016





# WEEKLY SCHEDULE

# JULY 2016

Monday July 4	Tuesday July 5	Wednesday July 6	Thursday July 7	Friday July 8	Saturday July 9	Sunday July 10
<p><b>Holiday Buster</b></p> <p>-Complete 50 pushups or modified pushups. Record your time.</p> <p>-Complete 50 sit ups. Record your time.</p> <p>-Run or walk 1/4 mile. Record your time.</p> <p>For each activity, try to beat your previous time. Remember, form matters!</p> <p>Repeat up to 4 times for a full body workout!</p> <p>Remember to warm up &amp; stretch before your workout and cool down and stretch again after you workout.</p> <p>What is a Holiday Buster?</p> <p>When we get a day away from work we tend to want to relax and take a break. It's easy to get out of your fitness routine...especially around summer time.</p> <p>Take a little time out of your day to complete this workout. Then you can enjoy the rest of your day off...guilt free.</p>	<p><b>7:30 am</b> Lap Swim Various Pools</p> <p><b>8:30 am</b> Walking Group Commanders House</p> <p><b>9:30 am</b> Stroller Strides Hardberger Park East</p> <p><b>Chair Volleyball</b> Lackland Terrace Park</p> <p><b>10:00 am</b> Folklorico Berta Almaguer Studio</p> <p><b>11:00 am</b> Ballet Exercise Berta Almaguer Studio</p> <p><b>Belly Dancing</b> Commander's House</p> <p><b>11:45 am</b> Water Fitness SA Natatorium</p> <p><b>1:00 pm</b> Table Tennis Mission Library</p> <p><b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park</p> <p><b>5:30 pm</b> Belly Dancing Lions Field</p> <p><b>5:45 pm</b> Aqua Zumba Normoyle Pool</p> <p><b>6:00 pm</b> Circuit Training Enrique Barrera FC</p> <p><b>Cross Fit</b> Highland Park</p> <p><b>Zumba</b> Arnold Park</p> <p><b>Tae Bo</b> Copernicus Park</p> <p><b>Cross Fit</b> Rainbow Hills Park</p> <p><b>Boot Camp</b> McAllister Park</p> <p><b>6:15 pm</b> RoTenGo Labor Street Park</p> <p><b>6:30 pm</b> Cross Training Garza Park</p> <p><b>Caribe Rico Miderno</b> Lions Field</p> <p><b>Zumba</b> Garza Park</p> <p><b>7:00 pm</b> Interval Training Highland Park</p>	<p><b>7:30 am</b> Lap Swim Various Pools</p> <p><b>8:30 am</b> Circuit Training Panther Springs Park</p> <p><b>Circuit Training</b> Lou Kardon Park</p> <p><b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park</p> <p><b>12:30 pm</b> Belly Dancing Granados Park</p> <p><b>1:30 pm</b> Caribe Rico Miderno Granados Park</p> <p><b>5:00 pm</b> Trail Walking Pearsall Park</p> <p><b>5:30 pm</b> Circuit Training Labor Street Park</p> <p><b>Bailar es vivir</b> Enrique Barrera FC</p> <p><b>Yoga</b> Enrique Barrera FC</p> <p><b>Boot Camp</b> Travis Park</p> <p><b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park</p> <p><b>Adult Tennis</b> McFarlin Tennis Center</p> <p><b>Cross Fit</b> Pearsall Park</p> <p><b>Yoga</b> LBJ Park</p> <p><b>6:30 pm</b> Boot Camp Garza Park</p> <p><b>Zumba</b> Jimmy Flores Park</p> <p><b>Conditioning</b> Labor Street Park</p> <p><b>Interval Training</b> Ward Park</p> <p><b>Body Combat</b> Pittman-Sullivan Park</p> <p><b>Aqua Zumba</b> San Pedro Pool</p> <p><b>7:00 pm</b> Interval Training Walker Ranch Park</p> <p><b>Zumba</b> Lions Field</p> <p><b>7:30 pm</b> CrossFit Ward Park</p>	<p><b>7:30 am</b> Lap Swim Various Pools</p> <p><b>8:30 am</b> Walking Group Commanders House</p> <p><b>11:45 am</b> Water Fitness SA Natatorium</p> <p><b>1:00 pm</b> Table Tennis Mission Library</p> <p><b>5:30 pm</b> Walking Group Woodlawn Lake Park</p> <p><b>Circuit Training</b> Bonnie Conner Park</p> <p><b>5:45 pm</b> Boot Camp Southside Lions Park</p> <p><b>6:00 pm</b> Tae Bo Copernicus Park</p> <p><b>Boot Camp</b> McAllister Park</p> <p><b>6:30 pm</b> Circuit Training Woodlawn Lake Park</p> <p><b>Interval Training</b> Bonnie Conner Park</p> <p><b>Cross Training</b> Garza Park</p> <p><b>6:45 pm</b> Zumba South Side Lions Park</p> <p><b>7:00 pm</b> Walk It Out Fitness Copernicus Park</p> <p><b>7:30 pm</b> Interval Training Woodlawn Lake Park</p>	<p><b>8:30 am</b> Low Impact Circuit West End Park</p> <p><b>9:30 am</b> Walking Group West End Park</p> <p><b>10:00 am</b> Line Dancing Lackland Terrace Park</p> <p><b>Line Dancing</b> Granados Center</p> <p><b>11:00 am</b> Tai Chi Pan American Library</p> <p><b>Folklorico</b> Granados Center</p> <p><b>6:00 pm</b> Zumba OP Schnabel Park</p> <p><b>Rotengo</b> Jesse James Leija Gym</p> <p><b>Trails for Tails</b> Eisenhower Park</p>	<p><b>8:00 am</b> Zumba Hardberger Park West</p> <p><b>9:00 am</b> Pickleball LBJ Park</p> <p><b>Boot Camp</b> Stone Oak Park</p> <p><b>Zumba</b> McAllister Park</p> <p><b>Hip Hop Dance</b> Berta Almaguer Studio</p> <p><b>Cross Fit</b> McAllister Park</p> <p><b>Belly Dancing</b> Berta Almaguer Studio</p> <p><b>9:30 am</b> Boot Camp Hardberger Park East</p> <p><b>10:00 am</b> Zumba Rosedale Park</p> <p><b>Circuit Training</b> McAllister Park</p> <p><b>Cross Fit</b> Monterrey Park</p> <p><b>Low Impact Circuit</b> Encino Library</p> <p><b>Cross Training</b> Garza Park</p> <p><b>10:30 am</b> Chair Yoga Highland Park</p> <p><b>Yoga</b> Hardberger Park East</p> <p><b>11:00 am</b> Body Pump Rosedale Park</p> <p><b>Interval Training</b> McAllister Park</p> <p><b>Boot Camp</b> Encino Library</p> <p><b>11:30 am</b> Yoga Highland Park</p> <p><b>Zumba</b> LBJ Park</p> <p><b>12:00 pm</b> Body Combat Rosedale Park</p> <p><b>Martial Arts</b> Encino Library</p> <p><b>12:30 pm</b> Martial Arts Encino Library</p> <p><b>1:00 pm</b> Walk It Out Fitness Copernicus Park</p> <p><b>Yoga</b> Mission Library</p> <p><b>2:00 pm</b> Cycle Circuit Training Mission Library</p> <p><b>3:30 pm</b> Table Tennis Mission Library</p> <p><b>Line Dancing</b> Berta Almaguer</p> <p><b>4:00 pm</b> Meditation Hardberger Park West</p>	<p><b>10:00 am</b> Circuit Training Lockwood Park</p> <p><b>Interval Training</b> Hardberger Park West</p> <p><b>11:00 am</b> Circuit Training Hardberger Park West</p> <p><b>Yoga</b> Pan American Library</p> <p><b>Family Fitness</b> Lockwood Park</p> <p><b>12:00 pm</b> Build Brackenridge Park</p> <p><b>Stretching</b> Hardberger Park West</p> <p><b>5:00 pm</b> Belly Dancing Encino Library</p>

# WEEKLY SCHEDULE

# JULY 2016

Monday July 11	Tuesday July 12	Wednesday July 13	Thursday July 14	Friday July 15	Saturday July 16	Sunday July 17
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>8:30 am</b> Low Impact Circuit West End Park	<b>8:00 am</b> Zumba Hardberger Park West	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commanders House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commanders House	<b>9:30 am</b> Walking Group West End Park	<b>9:00 am</b> Pickleball LBJ Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>10:00 am</b> Circuit Training Lou Kardon Park	<b>11:45 am</b> Water Fitness SANatorium	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>10:00 am</b> Zumba McAllister Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>Low Impact Circuit</b> West End Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Line Dancing</b> Granados Center	<b>Hip Hop Dance</b> Berta Almaguer Studio	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Modified Tennis Granados Center	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>11:00 am</b> Tai Chi Pan American Library	<b>Cross Fit</b> McAllister Park	<b>12:00 pm</b> Stretching Hardberger Park West
<b>Walking Group</b> West End Park	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>Circuit Training</b> Bonnie Conner Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>Belly Dancing</b> Berta Almaguer Studio	<b>5:00 pm</b> Belly Dancing Encino Library
<b>10:00 am</b> Low-Impact Circuit Parman Library	<b>Belly Dancing</b> Commander's House	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:45 pm</b> Boot Camp Southside Lions Park	<b>11:00 am</b> Folklorico Granados Center	<b>9:30 am</b> Boot Camp Hardberger Park East	
<b>Social Walk</b> Lackland Terrace Park	<b>11:45 am</b> Water Fitness SANatorium	<b>5:30 pm</b> Bailar es vivir Enrique Barrera FC	<b>6:00 pm</b> Boot Camp McAllister Park	<b>11:00 am</b> Rotengo Jesse James Leija Gym	<b>10:00 am</b> Zumba Rosedale Park	
<b>10:30 am</b> Pickleball Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Yoga</b> Enrique Barrera FC	<b>6:30 pm</b> Circuit Training Enrique Barrera FC	<b>Trails for Tails</b> Eisenhower Park	<b>Circuit Training</b> McAllister Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>Boot Camp</b> Travis Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>Cross Fit</b> Monterrey Park	
<b>Family Fitness</b> OP Schnabel Park	<b>5:30 pm</b> Belly Dancing Lions Field	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Interval Training</b> Bonnie Conner Park		<b>Low Impact Circuit</b> Encino Library	
<b>Bailar es vivir</b> Enrique Barrera FC	<b>5:45 pm</b> Aqua Zumba Normoyle Pool	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Cross Training</b> Garza Park		<b>11:00 am</b> Chair Yoga Highland Park	
<b>Yoga</b> Enrique Barrera FC	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Yoga</b> LBJ Park	<b>6:45 pm</b> Zumba South Side Lions Park		<b>Yoga</b> Hardberger Park East	
<b>Circuit Training</b> Cuellar Park	<b>6:30 pm</b> Cross Fit Highland Park	<b>Cross Fit</b> Pearsall Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Body Pump</b> Rosedale Park	
<b>6:00 pm</b> Hula LBJ Park	<b>Zumba</b> Arnold Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>Interval Training</b> Bonnie Conner Park		<b>Interval Training</b> McAllister Park	
<b>Circuit Training</b> Collins Garden Park	<b>Tae Bo</b> Copernicus Park	<b>Zumba</b> Jimmy Flores Park	<b>Cross Training</b> Garza Park		<b>Boot Camp</b> Encino Library	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Interval Training</b> Ward Park	<b>Zumba</b> South Side Lions Park		<b>11:30 am</b> Yoga Highland Park	
<b>Boot Camp</b> Garza Park	<b>Boot Camp</b> McAllister Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Zumba</b> LBJ Park	
<b>Boot Camp</b> Harlandale Park	<b>6:15 pm</b> RoTenGo Labor Street Park	<b>Aqua Zumba</b> San Pedro Pool	<b>7:30 pm</b> Interval Training Woodlawn Lake Park		<b>Body Combat</b> Rosedale Park	
<b>Boot Camp</b> South San Park	<b>6:30 pm</b> Cross Training Garza Park	<b>7:00 pm</b> Interval Training Walker Ranch Park			<b>Martial Arts</b> Encino Library	
<b>Circuit Training</b> Woodlawn Lake Park	<b>Zumba</b> Garza Park	<b>Zumba</b> Lions Field			<b>12:30 pm</b> Martial Arts Encino Library	
<b>Core Training</b> OP Schnabel Park	<b>7:00 pm</b> Interval Training Highland Park	<b>7:30 pm</b> CrossFit Ward Park			<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>6:45 pm</b> Zumba Barrera Fitness Center					<b>Yoga</b> Mission Library	
<b>7:00 pm</b> Yoga Collins Garden Park					<b>11:30 am</b> Zumba LBJ Park	
<b>Core Training</b> OP Schnabel Park					<b>12:00 pm</b> Body Combat Rosedale Park	
<b>7:30 pm</b> Interval Training Woodlawn Lake Park					<b>Martial Arts</b> Encino Library	
<b>Cross Fit</b> Harlandale Park					<b>12:30 pm</b> Martial Arts Encino Library	
					<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
					<b>Yoga</b> Mission Library	
					<b>2:00 pm</b> Cycle Circuit Training Mission Library	
					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>Line Dancing</b> Berta Almaguer	
					<b>4:00 pm</b> Meditation Hardberger Park West	

# WEEKLY SCHEDULE

# JULY 2016

Monday July 18	Tuesday July 19	Wednesday July 20	Thursday July 21	Friday July 22	Saturday July 23	Sunday July 24
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>8:30 am</b> Low Impact Circuit West End Park	<b>8:00 am</b> Zumba Hardberger Park West	<b>10:00 am</b> Circuit Training Lockwood Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commanders House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commanders House	<b>9:30 am</b> Walking Group West End Park	<b>8:30 am</b> Community Walk Pittman Sullivan Park	<b>11:00 am</b> Yoga Pan American Library
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>8:30 am</b> Circuit Training Lou Kardon Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>9:00 am</b> Pickleball LBJ Park	<b>Family Fitness</b> Lockwood Park
<b>Low Impact Circuit</b> West End Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Line Dancing</b> Granados Center	<b>Boot Camp</b> Stone Oak Park	<b>12:00 pm</b> Zumba Brackenridge Park
<b>9:30 am</b> Modified Tennis Granados Center	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>11:00 am</b> Tai Chi Pan American Library	<b>Zumba</b> McAllister Park	<b>5:00 pm</b> Belly Dancing Encino Library
<b>Walking Group</b> West End Park	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>Circuit Training</b> Bonnie Conner Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>Hip Hop Dance</b> Berta Almaguer Studio	
<b>10:00 am</b> Low-Impact Circuit Parman Library	<b>Belly Dancing</b> Commander's House	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:45 pm</b> Boot Camp Southside Lions Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Cross Fit</b> McAllister Park	
<b>Social Walk</b> Lackland Terrace Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>5:30 pm</b> Boot Camp Travis Park	<b>6:00 pm</b> Tae Bo Copernicus Park	<b>Trails for Tails</b> Eisenhower Park	<b>Belly Dancing</b> Berta Almaguer Studio	
<b>10:30 am</b> Pickleball Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>9:30 am</b> Boot Camp Hardberger Park East	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>6:00 pm</b> Adult Tennis McFarlin Tennis Center	<b>Interval Training</b> Bonnie Conner Park		<b>10:00 am</b> Zumba Rosedale Park	
<b>Family Fitness</b> OP Schnabel Park	<b>5:30 pm</b> Belly Dancing Lions Field	<b>6:30 pm</b> Yoga LBJ Park	<b>Cross Training</b> Garza Park		<b>Circuit Training</b> McAllister Park	
<b>Bailar es vivir</b> Enrique Barrera FC	<b>5:45 pm</b> Aqua Zumba Normoyle Pool	<b>6:30 pm</b> Boot Camp Garza Park	<b>Zumba</b> South Side Lions Park		<b>Cross Fit</b> Monterrey Park	
<b>Yoga</b> Enrique Barrera FC	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>7:00 pm</b> Interval Training Ward Park	<b>6:45 pm</b> Zumba South Side Lions Park		<b>Low Impact Circuit</b> Encino Library	
<b>Circuit Training</b> Cuellar Park	<b>6:00 pm</b> Cross Fit Highland Park	<b>Zumba</b> Jimmy Flores Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Chair Yoga</b> Highland Park	
<b>Hula</b> LBJ Park	<b>Zumba</b> Arnold Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park		<b>Yoga</b> Hardberger Park East	
<b>6:00 pm</b> Circuit Training Collins Garden Park	<b>Tae Bo</b> Copernicus Park	<b>Body Combat</b> Pittman-Sullivan Park			<b>Body Pump</b> Rosedale Park	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Aqua Zumba</b> San Pedro Pool			<b>Interval Training</b> McAllister Park	
<b>Boot Camp</b> Garza Park	<b>Boot Camp</b> McAllister Park	<b>7:00 pm</b> Interval Training Walker Ranch Park			<b>Boot Camp</b> Encino Library	
<b>Boot Camp</b> Harlandale Park	<b>RoTenGo</b> Labor Street Park	<b>Zumba</b> Lions Field			<b>Yoga</b> Highland Park	
<b>Boot Camp</b> South San Park	<b>6:15 pm</b> 6:15 pm	<b>CrossFit</b> Ward Park			<b>Zumba</b> LBJ Park	
<b>Circuit Training</b> Woodlawn Lake Park	<b>6:30 pm</b> Cross Training Garza Park				<b>Body Combat</b> Rosedale Park	
<b>Core Training</b> OP Schnabel Park	<b>7:00 pm</b> Interval Training Highland Park				<b>Martial Arts</b> Encino Library	
<b>6:45 pm</b> Zumba Barrera Fitness Center					<b>Martial Arts</b> Encino Library	
<b>7:00 pm</b> Yoga Collins Garden Park					<b>Walk It Out Fitness</b> Copernicus Park	
<b>Core Training</b> OP Schnabel Park					<b>Yoga</b> Mission Library	
<b>7:30 pm</b> Interval Training Woodlawn Lake Park					<b>2:00 pm</b> Cycle Circuit Training Mission Library	
<b>Cross Fit</b> Harlandale Park					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>Line Dancing</b> Berta Almaguer	
					<b>4:00 pm</b> Meditation Hardberger Park West	

# WEEKLY SCHEDULE

# JULY 2016

Monday July 25	Tuesday July 26	Wednesday July 27	Thursday July 28	Friday July 29	Saturday July 30	Sunday July 31
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>8:30 am</b> Low Impact Circuit West End Park	<b>9:00 am</b> Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commanders House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commanders House	<b>9:30 am</b> Walking Group West End Park	<b>Hip Hop Dance</b> Berta Almaguer Studio	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>Circuit Training</b> Lou Kardon Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>Cross Fit</b> McAllister Park	<b>Circuit Training</b> Hardberger Park West
<b>Low Impact Circuit</b> West End Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Line Dancing</b> Granados Center	<b>Belly Dancing</b> Berta Almaguer Studio	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Modified Tennis Granados Center	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>11:00 am</b> Tai Chi Pan American Library	<b>Zumba</b> Hardberger Park West	<b>12:00 pm</b> Stretching Hardberger Park West
<b>Walking Group</b> West End Park	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>Circuit Training</b> Bonnie Conner Park	<b>Folklorico</b> Granados Center	<b>10:00 am</b> Zumba Rosedale Park	
<b>10:00 am</b> Low-Impact Circuit Panman Library	<b>Belly Dancing</b> Commander's House	<b>5:00 pm</b> Trail Walking Pearsall Park	<b>5:45 pm</b> Boot Camp Southside Lions Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>Cross Fit</b> Monterrey Park	
<b>Social Walk</b> Lackland Terrace Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>5:30 pm</b> Boot Camp Travis Park	<b>6:00 pm</b> Boot Camp McAllister Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Low Impact Circuit</b> Encino Library	
<b>Pickleball</b> Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Bailar es vivir</b> Enrique Barrera FC	<b>Circuit Training</b> Enrique Barrera FC	<b>Trails for Tails</b> Eisenhower Park	<b>10:30 am</b> Chair Yoga Highland Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>Yoga</b> Enrique Barrera FC	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>Yoga</b> Hardberger Park East	
<b>Bailar es vivir</b> Enrique Barrera FC	<b>5:30 pm</b> Belly Dancing Lions Field	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Interval Training</b> Bonnie Conner Park		<b>11:30 am</b> Yoga Highland Park	
<b>Family Fitness</b> OP Schnabel Park	<b>5:45 pm</b> Aqua Zumba Normoyle Pool	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Cross Training</b> Garza Park		<b>Zumba</b> LBJ Park	
<b>Yoga</b> Enrique Barrera FC	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Yoga</b> LBJ Park	<b>6:45 pm</b> Zumba South Side Lions Park		<b>12:00 pm</b> Body Combat Rosedale Park	
<b>Circuit Training</b> Cuellar Park	<b>Cross Fit</b> Highland Park	<b>Cross Fit</b> Pearsall Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Martial Arts</b> Encino Library	
<b>6:00 pm</b> Hula LBJ Park	<b>Zumba</b> Arnold Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>7:30 pm</b> Interval Training Woodlawn Lake Park		<b>Salad al Pasito</b> Lincoln Park	
<b>Circuit Training</b> Collins Garden Park	<b>Tae Bo</b> Copernicus Park	<b>Zumba</b> Jimmy Flores Park			<b>12:30 pm</b> Martial Arts Encino Library	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Interval Training</b> Ward Park			<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>Boot Camp</b> Garza Park	<b>Cross Fit</b> Mission Library	<b>Body Combat</b> Pittman-Sullivan Park			<b>Yoga</b> Mission Library	
<b>Boot Camp</b> Harlandale Park	<b>Boot Camp</b> McAllister Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park			<b>2:00 pm</b> Cycle Circuit Training Mission Library	
<b>Boot Camp</b> South San Park	<b>6:15 pm</b> RoTenGo Labor Street Park	<b>7:00 pm</b> Interval Training Walker Ranch Park			<b>3:30 pm</b> Table Tennis Mission Library	
<b>Circuit Training</b> Woodlawn Lake Park	<b>6:30 pm</b> Cross Training Garza Park	<b>Zumba</b> Lions Field			<b>Line Dancing</b> Berta Almaguer	
<b>Core Training</b> OP Schnabel Park	<b>Caribe Rico Miderno</b> Lions Field	<b>7:30 pm</b> CrossFit Ward Park			<b>4:00 pm</b> Meditation Hardberger Park West	
<b>6:45 pm</b> Zumba Barrera Fitness Center	<b>Zumba</b> Garza Park					
<b>7:00 pm</b> Yoga Collins Garden Park	<b>7:00 pm</b> Interval Training Highland Park					
<b>Core Training</b> OP Schnabel Park						
<b>7:30 pm</b> Interval Training Woodlawn Lake Park						
<b>Cross Fit</b> Harlandale Park						