



March 2016 Schedule

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



Indoor Class



Outdoor Class



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

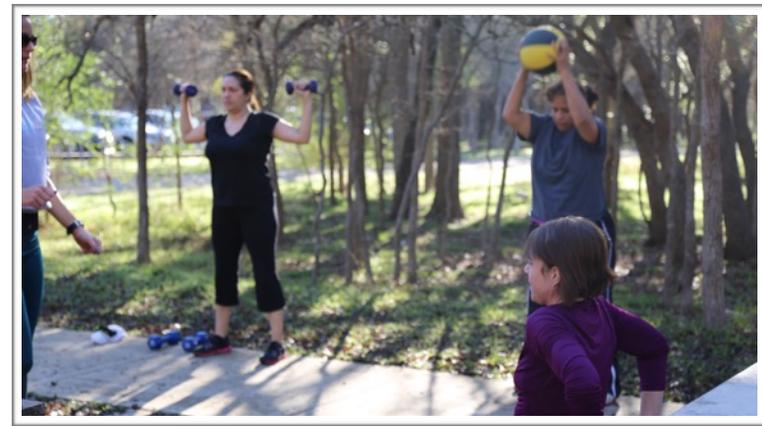


@SAParksFitness
San Antonio Parks and Recreation Fitness

WEATHER HOTLINE (210) 207-3128

Boot Camps

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



Class Name		Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp		Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center
Adult Boot Camp	 	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center
Adult Boot Camp	 	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton Community Center
Adult Boot Camp		Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom *No class Mar 19
Boot Camp		South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center
Boot Camp	 	South Side Lions Park 3100 Hiawatha	Thurs	5:30 pm	Inside South Side Lions Community Center
Boot Camp	 	Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library
Boot Camp	 	Palm Heights 1201 W. Malone	Mon, Wed, Thurs	7:30 pm	Inside Palm Heights Community Center
Boot Camp	 	Palm Heights 1201 W. Malone	Sat	2:30 pm	Inside Palm Heights Community Center
Boot Camp		Travis Park 301 E Travis	Wed	5:30 pm	In the park
Boot Camp hosted by Alamo Nutrition		McAllister Park 13102 Jones Maltzberger	Tues / Thurs	6:00 am	At the outdoor fitness stations
Boot Camp hosted by Alamo Nutrition		LBJ Park 10700 Nacogdoches	Sat	9:00 am	In the field next to the pool



Circuit Training

Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations
Adult Circuit Training		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Tues / Thurs	5:30 pm	Next to Igo Library *No class Mar 15
Adult Circuit Training		Labor Street Park 436 Labor Street	Wed	5:30 pm	At the outdoor fitness stations *No class Mar 16
Adult Circuit Training		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Adult Circuit Training		Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the playground
Outdoor Circuit hosted by the Mays Family YMCA		Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts
Adult Circuit Training		Lockwood Park 801 N. Olive	Sun	10:00 am	Near the Farmer's Market *No class Mar 6 or 20

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	 	Encino Library <i>2515 East Evans Rd.</i>	Sat	10:00 am	Inside Encino Library
Low-Impact Circuit Training	 	Parman Library <i>20735 Wilderness Oak</i>	Mon	10:00 am	Inside Parman Library
Low-Impact Circuit Training		Lackland Terrace Park <i>7902 Westshire</i>	Wed	10:00 am	Inside Gill Community Center
Low Impact Circuit Training		West End Park <i>1401 N Hamilton</i>	Mon	9:00 am	Next to Frank Garrett Center
Cross Training		Garza Park <i>1450 Mira Vista</i>	Tues / Wed / Thurs	6:00 pm	Inside Garza Community Center
Core Training (30 min)		OP Schnabel Park <i>9606 Bandera</i>	Mon	6:30 pm	Next to the playground
Core Training (30 min)		OP Schnabel Park <i>9606 Bandera</i>	Mon	7:00 pm	Next to the playground



Interval Training

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.

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 Mar 15
Interval Training	 	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center
Interval Training		Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts
Interval Training		McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion

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 *No class Mar 19 *In the case of rain, meet inside the library for a traditional circuit training class

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
Family Fitness Frenzy		OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground
Family Fitness Frenzy		Lockwood Park 801 N. Olive	Sun	11:00 am	Near the Farmer's Market *No class Mar 6 or 20



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 *No class Mar 14
ELITE Strength & Conditioning (Conditioning)	 	Cuellar Park 5626 San Fernando	Mon	6:00 pm	Inside Cuellar Community Center *No class Mar 14
ELITE Strength & Conditioning (Conditioning)		Labor Street Park 436 Labor Street	Wed	6:30 pm	At the outdoor fitness stations *No class Mar 16

Cross Fit

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

Class Name	Location	Day(s)	Time	Meeting Place
Cross Fit	  Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	  Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center
Cross Fit	 McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion
Cross Fit	  Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center
Cross Fit	 Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Cross Fit	 Heritage Duck Pond 900 S. Ellison	Tues	6:00 pm	Next to the playground
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



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	 Dorie Miller 2802 MLK	Sat	11:30 am	Inside Dorie Miller Community Center
Yoga	  Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside Mission Library *No class Mar 19
Yoga	 Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga	 Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center
Yoga	 LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Family Friendly Yoga	 Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom *No class Mar 19
Family Friendly Yoga	 Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations
Chair Yoga	 Dorie Miller 2802 MLK	Sat	10:30 am	Inside Dorie Miller Community Center
Tai Chi	 Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
Stretching and Recovery	 Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts
Meditation	 Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center

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		Copernicus Park 5003 Lord Rd	Mon/ Wed	6:30 pm	Behind Copernicus Community Center next to the playground
Zumba		Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale Community Center
Zumba Toning		McAllister Park 13102 Jones Maltzberger	Sat	9:00 am	At the Turkey Roost pavilion
Zumba	 	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	Inside South Side Lions Community Center
Zumba		Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Family YMCA
Zumba hosted by the Walzem YMCA		Walzem YMCA 5538 Walzem	Sat	11:00 am	Inside the Walzem YMCA
Zumba hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at OP Schnabel Park		OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Zumba	 	Lions Field 2809 Broadway	Wed	7:00 pm	Inside Lions Field Adult and Senior Center
Zumba		Villa Coronado Park 11031 Ruidosa	Mon	6:00 pm	Inside Father Roman Community Center
Zumba		Hardberger Park West 8400 NW Military	Sat	8:00 am	On the patio of the Phil Hardberger Park Urban Ecology Center *No class March 5 or 19

Dance Fitness

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



Class Name		Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio *Ages 11 to Adult
Adult Hip Hop Dance		LBJ Park 10700 Nacogdoches	Thurs	8:00 pm	Inside Lou Hamilton Community Center *Ages 18+
Hula Dancing		LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center
Line Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	1:00 pm	Inside Berta Almaguer Dance Studio
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon/Thurs	5:30 pm	Inside Enrique Barrera Fitness Center *Class is taught in Spanish
Intro to Folklorico Dance (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio
Intro to Folklorico Dance for adults		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center
Intro to Ballet Exercise (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio
Belly Dancing		Lions Field Senior Center 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Belly Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio

More Cardio

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

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

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

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

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

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

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



Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Cardio Kickboxing		Heritage Duck Pond 900 S. Ellison	Tues	7:00 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
Family Martial Arts		Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside Encino Library *Limit of 30 participants per session
Family Martial Arts		Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library *Limit of 30 participants per session
Tae Bo		Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center *No class March 3, 15, 17 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	8:30 am	On the porch of the Commander's House
Walk on the River		Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus Community Center *No class March 17
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, Mar 26	8:30 am	At the Davis-Scott YMCA entrance
Walking Group		West End Park 1401 N Hamilton	Mon	10:00 am	Next to Frank Garrett Center
Get Fit with Fido		Espada Park 1750 S. Military Dr.	Sun, Mar 13	2:00 pm	Next to the parking lot





Just for Kids

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

Class Name	Location	Day(s)	Time	Meeting Place
Youth and Adult Basketball Conditioning	 Copernicus Park 5003 Lord	Mon	7:00 pm	Inside Copernicus Community Center *No class March 14
Youth Volleyball Conditioning	 Copernicus Park 5003 Lord	Wed	6:30 pm	Inside Copernicus Community Center *No class March 16
Youth Basketball Conditioning	 Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center *Middle School Ages *No class March 12
Youth Basketball Conditioning	 Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center *High School Ages *No class March 12
Cross Fit for Kids	 Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>

Mom, Pop & Tot

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

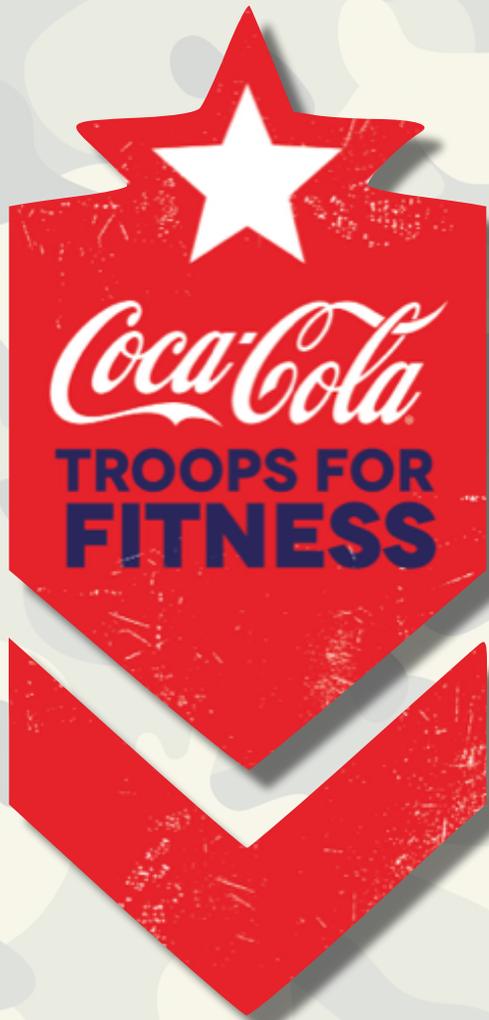
Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	 Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom	 Phil Hardberger Park East 13203 Blanco	Sat, Mar 5	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430

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 brand new set of marked RoTenGo courts for your enjoyment.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside Mission Library
Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center
RoTenGo		Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Inside Jesse James Leija Gym (Upstairs)
RoTenGo		Labor Street Park 442 Labor Street	Tues/Thurs	6:15 pm	Meet on the RoTenGo courts *No class Mar 1, 3, 8, 10 or 17
RoTenGo		Labor Street Park 442 Labor Street	Sat, Mar 19	9:30 am to 11:00 am	Meet on the RoTenGo courts
RoTenGo		Labor Street Park 442 Labor Street	Sat, Mar 26	9:00 am to 12:00 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
LBJ Park
Palm Heights Park
- **Yoga**
Cuellar Park
- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park
- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Highland Park
- **Core Training**
OP Schnabel Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Family Fitness Frenzy**
LBJ Park
OP Schnabel Park
- **Low Impact Circuit**
Lackland Terrace Park
Parman Library



GETTING HEALTHY IS AS EASY AS PUTTING ONE FOOT IN FRONT OF THE OTHER

Getting healthier does not need to be a dreadful experience. Boot camp and Cross Fit classes are great and effective ways to get exercise but it's not right for everyone. Walking can be a beneficial experience that helps you reach your fitness goals and meet new friends.

Fitness in the Park is only one of many ways in San Antonio to get involved with a walking regime. You can also check out San Antonio Parks and Recreation's beautiful Greenway Trail System. With over 52 miles of trails now open, there's a scenic walk nearby.

San Antonio Walk is another wonderful organization that offers walking groups and resources that will help spark your love for walking. Through SA Walks, you can find a walking group to join, find out more about the benefits of walking and meet new, like-minded friends.

Are you more of an independent person? Check out the We Walk App. We Walk was created by 13 year old Estrella Hernandez through her partnership with the Mayor's Fitness Council Student Ambassador program. This game provides specific routes around San Antonio where you can earn points for walking. Routes include San Antonio Missions, San Antonio Museum of Modern Art and much more.

The options are endless but the message is simple. Get out and walk. It doesn't matter if you walk with a group, use an app or simply walk on your own at a local park or just around your neighborhood. Get into a walking routine and stick to it. You and your family will see the benefits and enjoy spending quality time together. Don't forget your pet. They need exercise too.

Fitness in the Park *Spotlight* March 2016



Weekly Schedule

February - March 2016

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

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

Monday March 21	Tuesday March 22	Wednesday March 23	Thursday March 24	Friday March 25	Saturday March 26	Sunday March 27
5:15 am Circuit Training Walker Ranch Park	6:00 am Boot Camp McAllister Park	8:30 am Circuit Training Panther Springs Park	6:00 am Boot Camp McAllister Park	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba Hardberger Park West	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walking Group Commanders House	8:30 am Line Dancing Granados Center	8:30 am Community Walk Pittman-Sullivan Park	8:30 am Circuit Training Lockwood Park
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	9:00 am Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
9:00 am Low Impact Circuit West End Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Boot Camp LBJ Park	11:00 am Circuit Training Hardberger Park West
9:30 am Modified Tennis Granados Center	10:00 am Folklorico Berta Almaguer Studio	Circuit Training Labor Street Park	Circuit Training Bonnie Conner Park	Folklorico Granados Center	Zumba McAllister Park	Yoga Pan American Library
10:00 am Low-Impact Circuit Parman Library	11:00 am Ballet Exercise Berta Almaguer Studio	Boot Camp Travis Park	Boot Camp Southside Lions Park	6:00 pm Zumba OP Schnabel Park	RoTenGo Labor Street Park	Family Fitness Lockwood Park
Social Walk Lackland Terrace Park	1:00 pm Table Tennis Mission Library	6:00 pm Cross Training Garza Park	6:00 pm Bailar es vivir Enrique Barrera FC	Rotengo Jesse James Leija Gym	9:30 am Boot Camp Hardberger Park East	12:00 pm Stretching Hardberger Park West
Walking Group West End Park	5:00 pm Circuit Training Heritage Duck Pond	Cardio Kickboxing Walker Ranch Park	6:00 pm Cross Training Garza Park	6:00 pm Tae Bo Copernicus Park	10:00 am Zumba Rosedale Park	
Pickleball Granados Park	Yoga Cuellar Park	Adult Tennis McFarlin Tennis Center	6:30 pm Boot Camp LBJ Park	6:15 pm RoTenGo Labor Street Park	Circuit Training McAllister Park	
5:00 pm Strength Cuellar Park	Kids Cross Fit Rainbow Hills Park	Yoga LBJ Park	Boot Camp Garza Park	6:30 pm Circuit Training Woodlawn Lake Park	Cross Fit Monterrey Park	
5:30 pm Walking Group Woodlawn Lake Park	5:30 pm Circuit Training Bonnie Conner Park	Zumba Jimmy Flores Park	Zumba Jimmie Flores Park	Interval Training Bonnie Conner Park	Low Impact Circuit Encino Library	
Family Fitness OP Schnabel Park	Belly Dancing Lions Field	Conditioning Labor Street Park	Zumba Copernicus Park	6:45 pm Zumba South Side Lions Park	10:30 am Chair Yoga Dorie Miller Park	
Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	Interval Training Ward Park	Conditioning Labor Street Park	7:00 pm Walk It Out Fitness Copernicus Park	Yoga Hardberger Park East	
6:00 pm Conditioning Cuellar Park	Circuit Training Enrique Barrera FC	Body Combat Pittman-Sullivan Park	Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park	11:00 am Zumba Walzem YMCA	
Hula LBJ Park	Cross Fit Highland Park	Volleyball Conditioning Copernicus Park	7:00 pm Interval Training Walker Ranch Park	8:00 pm Hip Hop Dance LBJ Park	Body Pump Rosedale Park	
Circuit Training Collins Garden Park	Zumba Arnold Park	7:00 pm Interval Training Walker Ranch Park	7:00 pm Interval Training Walker Ranch Park		Interval Training McAllister Park	
6:30 pm Piloxing South Side Lions Park	Tae Bo Copernicus Park	Zumba Lions Field	Zumba Lions Field		Boot Camp Encino Library	
7:00 pm Yoga Collins Garden Park	CrossFit Heritage Duck Pond	7:15 pm Zumba Harlandale Park	7:15 pm Zumba Harlandale Park		11:30 am Yoga Dorie Miller Park	
7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park	7:30 pm CrossFit Ward Park	7:30 pm CrossFit Ward Park		12:00 pm Body Combat Rosedale Park	
Core Training OP Schnabel Park	6:45 pm Zumba Barrera Fitness Center	8:00 pm Boot Camp Palm Heights Park	8:00 pm Boot Camp Palm Heights Park		Martial Arts Encino Library	
6:45 pm Zumba Barrera Fitness Center	RoTenGo Labor Street Park				12:30 pm Martial Arts Encino Library	
7:00 pm Yoga Collins Garden Park	6:30 pm Interval Training Bonnie Conner Park				1:00 pm Walk It Out Fitness Copernicus Park	
Core Training OP Schnabel Park	7:00 pm Interval Training Highland Park				Yoga Mission Library	
Basketball Conditioning Copernicus Park	Cardio Kickboxing Heritage Duck Pond				Line Dancing Berta Almaguer	
3:00 pm Basketball Conditioning Arnold Park					2:00 pm Basketball Conditioning Arnold Park	
3:30 pm Table Tennis Mission Library					Cycle Circuit Training Mission Library	
4:00 pm Meditation Hardberger Park West					2:30 pm Boot Camp Palm Heights Park	
					3:00 pm Basketball Conditioning Arnold Park	

Weekly Schedule

March - April 2016

Monday March 28	Tuesday March 29	Wednesday March 30	Thursday March 31	Friday April 1	Saturday April 2	Sunday April 3
5:15 am Circuit Training Walker Ranch Park	6:00 am Boot Camp McAllister Park	8:30 am Circuit Training Panther Springs Park	6:00 am Boot Camp McAllister Park	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walking Group Commanders House	Line Dancing Granados Center	Boot Camp LBJ Park	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	Zumba McAllister Park	Yoga Pan American Library
9:00 am Low Impact Circuit West End Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	Folklorico Granados Center	Hip Hop Dance Berta Almaguer Studio	Cross Fit McAllister Park
9:30 am Modified Tennis Granados Center	10:00 am Folklorico Berta Almaguer Studio	Circuit Training Labor Street Park	Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Belly Dancing Berta Almaguer Studio	Belly Dancing Berta Almaguer Studio
10:00 am Low-Impact Circuit Parman Library	11:00 am Ballet Exercise Berta Almaguer Studio	Boot Camp Travis Park	Boot Camp Southside Lions Park	Rotengo Jesse James Leija Gym	Boot Camp Hardberger Park East	12:00 pm Stretching Hardberger Park West
10:30 am Pickleball Granados Park	1:00 pm Table Tennis Mission Library	6:00 pm Cross Training Garza Park	Bailar es vivir Enrique Barrera FC		Cross Fit Monterrey Park	
5:00 pm Strength Cuellar Park	5:00 pm Circuit Training Heritage Duck Pond	Cardio Kickboxing Walker Ranch Park	6:00 pm Cross Training Garza Park		Low Impact Circuit Encino Library	
5:30 pm Walking Group Woodlawn Lake Park	Yoga Cuellar Park	Adult Tennis McFarlin Tennis Center	RoTenGo Labor Street Park		Chair Yoga Dorie Miller Park	
6:00 pm Conditioning Cuellar Park	Kids Cross Fit Rainbow Hills Park	Yoga LBJ Park	6:15 pm Labor Street Park		Yoga Hardberger Park East	
Hula LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Boot Camp LBJ Park	6:30 pm Circuit Training Woodlawn Lake Park		Zumba Walzerm YMCA	
Circuit Training Collins Garden Park	Belly Dancing Lions Field	Boot Camp Garza Park	Interval Training Bonnie Conner Park		Body Pump Rosedale Park	
6:30 pm Piloxing South Side Lions Park	6:00 pm Cross Training Garza Park	Zumba Jimmy Flores Park	Interval Training Ward Park		Interval Training McAllister Park	
Boot Camp Garza Park	Circuit Training Enrique Barrera FC	Zumba Copernicus Park	Body Combat Pittman-Sullivan Park		Boot Camp Encino Library	
Boot Camp Harlandale Park	Cross Fit Highland Park	Conditioning Labor Street Park	Interval Training Ward Park		11:30 am Yoga Dorie Miller Park	
Boot Camp South San Park	Zumba Arnold Park	Interval Training Ward Park	Body Combat Pittman-Sullivan Park		12:00 pm Body Combat Rosedale Park	
Circuit Training Woodlawn Lake Park	Zumba Copernicus Park	Body Combat Pittman-Sullivan Park	Volleyball Conditioning Copernicus Park		Martial Arts Encino Library	
Zumba Copernicus Park	Tae Bo Copernicus Park	Interval Training Ward Park	7:00 pm Cross Fit Woodlawn Lake Park		12:30 pm Martial Arts Encino Library	
Core Training OP Schnabel Park	CrossFit Heritage Duck Pond	Interval Training Walker Ranch Park	7:30 pm Cross Fit Woodlawn Lake Park		1:00 pm Walk It Out Fitness Copernicus Park	
6:45 pm Zumba Barrera Fitness Center	Cross Fit Rainbow Hills Park	Interval Training Walker Ranch Park	8:00 pm Hip Hop Dance LBJ Park		Yoga Mission Library	
7:00 pm Yoga Collins Garden Park	6:15 pm RoTenGo Labor Street Park	Zumba Lions Field			Line Dancing Berta Almaguer	
Core Training OP Schnabel Park	7:00 pm Interval Training Highland Park	Zumba Harlandale Park			Body Pump Rosedale Park	
Basketball Conditioning Copernicus Park	6:30 pm Interval Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park			Martial Arts Encino Library	
Cross Fit Woodlawn Lake Park	7:00 pm Interval Training Highland Park	7:30 pm CrossFit Ward Park			12:00 pm Martial Arts Encino Library	
Cross Fit Harlandale Park	Cardio Kickboxing Heritage Duck Pond	Boot Camp Palm Heights Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Palm Heights Park					Yoga Mission Library	