




**Fitness**  
in the **park**

# April 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 <b>*No class April 6</b>
Adult Boot Camp	 Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom <b>*No class April 23</b>
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 <b>*No class April 7</b>
Boot Camp	  Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library <b>*No class April 2</b>
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 <b>*No class April 6</b>
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
Boot Camp	 Crockett Park 1300 N. Main	Wed, Apr 13	5:30 pm	Next to the Mobile Fit
Boot Camp	 Nani Falcone Park 7625 Mystic Park	Sun	5:30 pm	Next to the playground



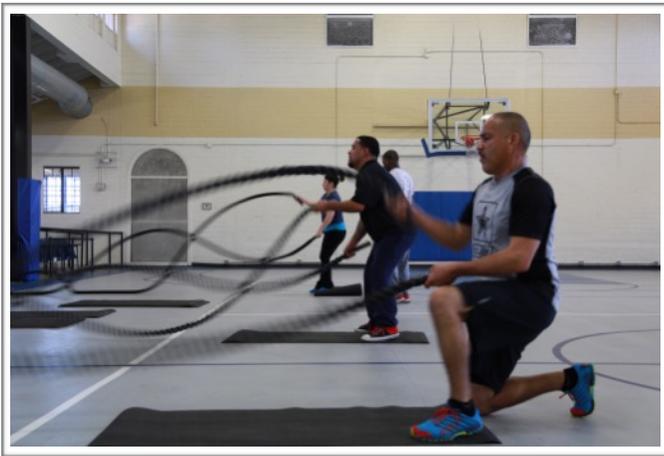
# Circuit Training

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 <b>*No class April 30</b>
Adult Circuit Training	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Tues / Thurs	5:30 pm	Next to Igo Library
Adult Circuit Training		Labor Street Park 436 Labor Street	Wed	5:30 pm	At the outdoor fitness stations
Adult Circuit Training		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Adult Circuit Training		Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the playground
Outdoor Circuit hosted by the Mays Family YMCA		Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
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
Circuit Training		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	11:30 am	Inside Enrique Barrera Fitness Center
Circuit Training		La Villita 418 La Villita	Tues, Apr 5	8:00 pm	Next to the Mobile Fit

# Circuit Training, Cross Training and More



Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		Heritage Duck Pond 900 S. Ellison	Tues	5:00 pm	Next to the playground
Adult Circuit Training		Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations
Low Impact Circuit Training	 	Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library <b>*No class April 2</b>
Low-Impact Circuit Training	 	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library <b>*No class April 11</b>
Low-Impact Circuit Training		Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Low Impact Circuit Training		West End Park 1401 N Hamilton	Mon/Fri	9:00 am	Next to Frank Garrett Center <b>*No class April 22</b>
Low Impact Circuit Training		Crockett Park 1300 N. Main	Wed, Apr 13	4:30 pm	Next to the Mobile Fit
Cross Training		Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Cross Training		Garza Park 1450 Mira Vista	Sat	10:00 am	Inside Garza Community Center
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	6:30 pm	Next to the playground <b>*No class April 11</b>
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	7:00 pm	Next to the playground <b>*No class April 11</b>



# 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
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 <b>*No class April 30</b>
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
Interval Training		La Villita 418 Villita Street	Tues, Apr 5	7:00 pm	Next to the Mobile Fit

# Cycle Circuit

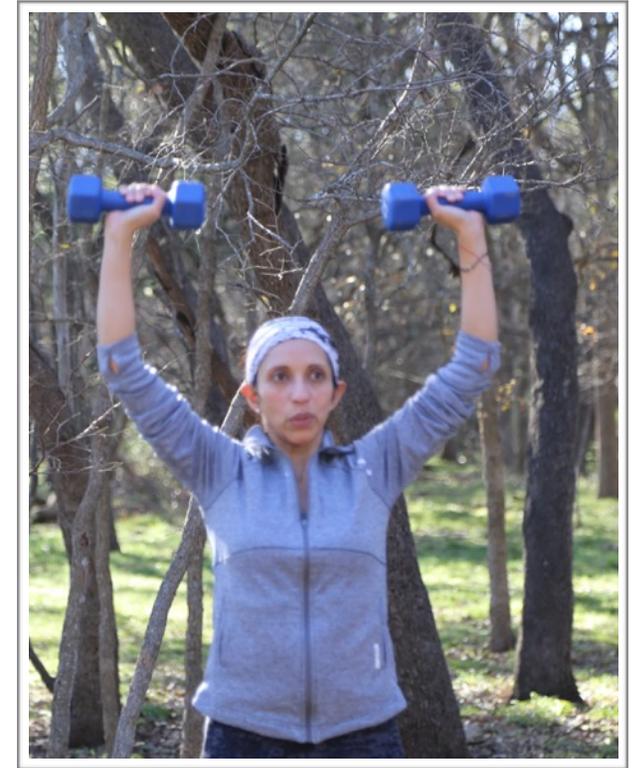
Cycle Circuit is a unique blend of cycling and circuit training. During each session, participants will engage in a series of exercises at designated stopping points followed by a period of cycling. Each participant must have his/her own bicycle and helmets are required.

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 April 23</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  	LBJ Park 10700 Nacogdoches	Wed	5:30 pm	Inside Lou Hamilton Community Center <b>*No class April 6</b>
Family Fitness Frenzy 	OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground <b>*No class April 11</b>
Family Fitness Frenzy 	Lockwood Park 801 N. Olive	Sun	11:00 am	Near the Farmer's Market
Family Fitness Frenzy 	Crockett Park 1300 N. Main	Wed, Apr 13	6:30 pm	Next to the Mobile Fit
Family Fitness Frenzy 	La Villita 418 Villita Street	Teus, Apr 5	6:00 pm	Next to the Mobile Fit



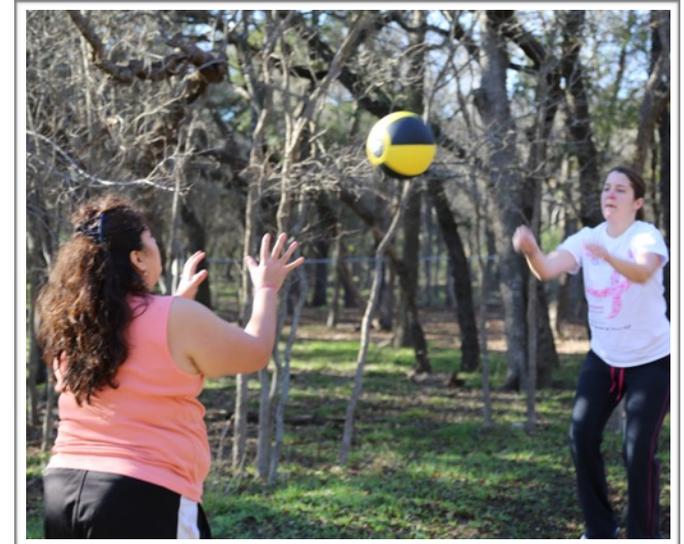
# Strength and Conditioning

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

# Cross Fit

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

Class Name	Location	Day(s)	Time	Meeting Place
Cross Fit	  Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	  Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center
Cross Fit	 McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion <b>*No class April 30</b>
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
Cross Fit	 LBJ Park 10700 Nacogdoches	Sat, Apr 16	9:00 am	At the trailhead near the dog park



# 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 <b>*No class April 23</b>
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 <b>*No class April 12</b>
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 April 23</b>
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

# Water Fitness

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	11:30 am	Inside the Natatorium Pool
Water Fitness 	San Antonio Natatorium 1430 W. Cesar Chavez	Thurs	12:30 pm	Inside the Natatorium Pool



# Get Fit with Fido

Fitness in the Park truly has something for everyone in your family. That's never been more true. Now your beloved family dog can join the excitement with Get Fit with Fido. Each month we will highlight a new location around town that is a great location to walk your dog and get some exercise as a family. Don't have a dog? No problem. Come enjoy the walk and meet other dog lovers and their four-legged pals. *\*All dogs must remain on a leash at all times.*

Class Name	Location	Day(s)	Time	Meeting Place
Get Fit with Fido 	LBJ Park 10700 Nacogdoches	Sat, Apr 10	2:00 pm	At the dog park near the trailhead
Trails for Tails 	Eisenhower Park 19399 NW Military	Fir	6:00 pm	At the pavilion next to the playground <b>*No class April 29</b>
Trails for Tails 	Eisenhower Park 19399 NW Military	Sat	8:30 am	At the pavilion next to the playground <b>*No class April 30</b>

# 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		McAllister Park 13102 Jones Maltsberger	Mon/ Wed	6:30 pm	At the Turkey Roost Pavilion
Zumba		Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale Community Center
Zumba Toning		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion <b>*No class April 30</b>
Zumba	 	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	Inside South Side Lions Community Center <b>*No class April 7</b>
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 <b>*No class April 6</b>
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
Zumba		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:45 pm	Inside Enrique Barrera Community Fitness Center <b>*No class April 4</b>



# 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>
Adult Hip Hop Dance		LBJ Park 10700 Nacogdoches	Thurs	8:00 pm	Inside Lou Hamilton Community Center <b>*Ages 18+ *No class April 14</b>
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 <b>*No class April 9 or 16</b>
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 <b>*Class is taught in Spanish</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
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 <b>*No class April 16</b>
ATS Belly Dancing		Encino Library 2515 East Evans Rd.	Sun	5:00 pm	Inside Encino Library

# 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.



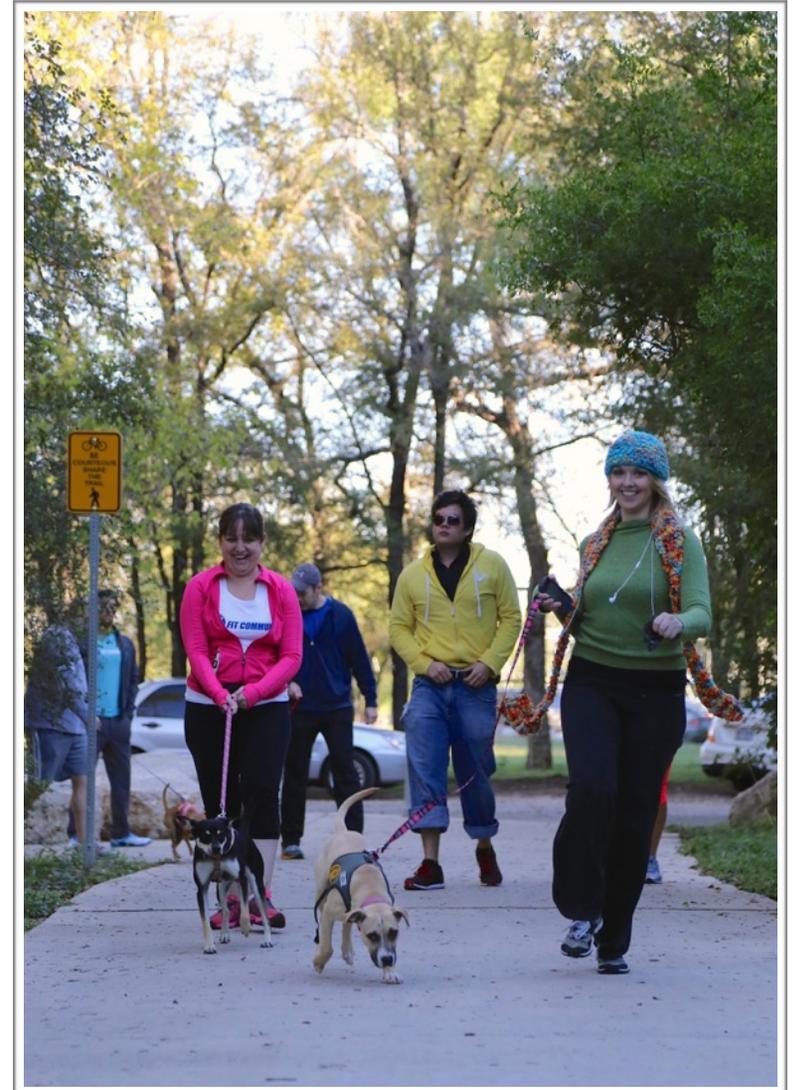
Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Cardio Kickboxing		Heritage Duck Pond 900 S. Ellison	Tues	7:00 pm	Next to the pavilion
Body Combat hosted by the Davis Scott YMCA		Pittman-Sullivan Park 1213 Iowa	Wed	6:30 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 * <b>No class April 2</b>
Family Martial Arts		Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library *Limit of 30 participants per session * <b>No class April 2</b>
Tae Bo		Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center

# 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
Power Walk		Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River		Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus Community Center
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	Inside Copernicus Community Center
Community Walk		Pittman-Sullivan Park 1213 Iowa	Sat, Apr 23	8:30 am	At the Davis-Scott YMCA entrance
Walking Group		West End Park 1401 N Hamilton	Mon/Fri	10:00 am	Next to Frank Garrett Center <b>*No class April 22</b>
Salud al Pasito		Lincoln Park 2915 E. Commerce	Sat, Apr 23	12:00 pm - 4:00 pm	Next to Lincoln Community Center
Unase Al Reto hosted by Univision		Woodlawn Lake Park 1103 Cincinnati	Wed, Apr 27	5:00 pm	On the island near the boat ramp





Fitness in the park

## Just for Kids

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

Class Name	Location	Day(s)	Time	Meeting Place
Youth and Adult Basketball Conditioning	 Copernicus Park 5003 Lord	Mon	7:00 pm	Inside Copernicus Community Center
Youth Volleyball Conditioning	 Copernicus Park 5003 Lord	Wed	6:30 pm	Inside Copernicus Community Center
Youth Basketball Conditioning	 Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center <b>*Middle School Ages</b>
Youth Basketball Conditioning	 Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center <b>*High School Ages</b>
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!

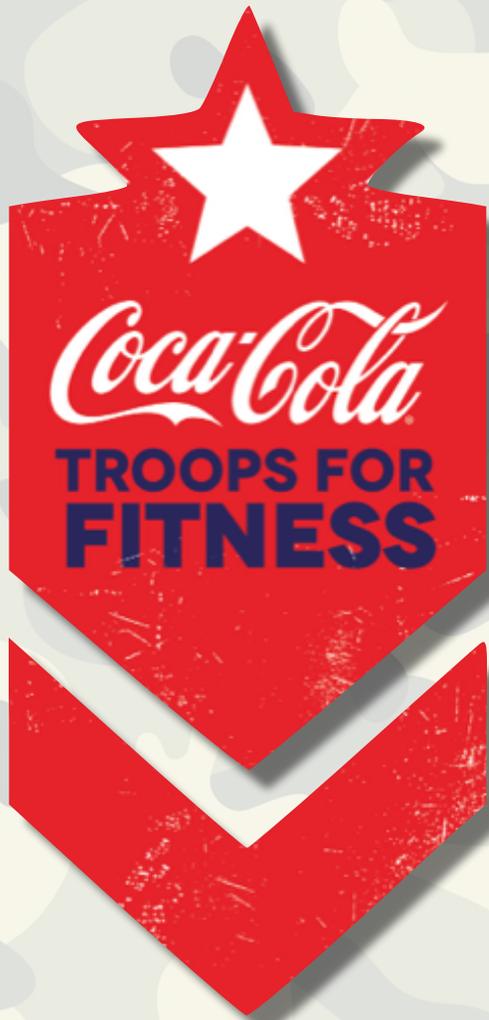
Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	 Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables <b>*For inclement weather cancellations call 800-279-7430</b>
Stroller Strides by Fit 4 Mom	 Phil Hardberger Park East 13203 Blanco	Sat, Mar 5	9:30 am	Picnic tables <b>*For inclement weather cancellations call 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 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	6:15 pm	Meet on the RoTenGo courts
RoTenGo		Labor Street Park 442 Labor Street	Thurs, Apr 7	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  
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  
Highland Park
- **Core Training**  
OP Schnabel Park
- **Low Impact Circuit**  
Lackland Terrace Park  
Parman Library
- **Family Fitness Frenzy**  
LBJ Park  
OP Schnabel Park



# LET'S GET SOCIAL

follow us like us



# Fitness in the Park *Spotlight* April 2016

One great aspect of Fitness in the Park is the social networking opportunities and new friends you meet in class. Our instructors, participants and park patrons are friendly, welcoming and encouraging. Take it to the next level and “Let’s Get Social” by following us on Facebook and Twitter.

‘San Antonio Parks and Recreation Fitness’ on Facebook is a great way to stay up to date on new classes, weather cancellations, interesting stories and helpful tips. You can also win prizes by entering our social media contests. Get ACTIVE with Fitness in the Park...and get interACTIVE on Facebook.

Twitter is also a great way to get the latest information about everything San Antonio Parks and Recreation Fitness has to offer. ‘SAParksFitness’ is a one stop shop for information about Fitness in the Park, Fit Pass, Mobile Fit, Trails and many other wonderful programs being offered throughout the city.

Do you want more than just Fitness? ‘San Antonio Parks and Recreation Department’ on Facebook has news and information about much more. Get the scoop on dance, music, youth sports, swimming, senior programming, trials, dog parks, volunteer opportunities, special events, youth camps, summer food program, bird watching, job opportunities, boxing and more. With so much being offered, every post is a new adventure to explore.



@SAParksFitness

San Antonio Parks and Recreation Fitness





Monday April 11	Tuesday April 12	Wednesday April 13	Thursday April 14	Friday April 15	Saturday April 16	Sunday April 17
<b>5:15 am</b> Circuit 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>9:00 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>9:30 am</b> Stroller Strides Hardberger Park East	<b>8:30 am</b> Circuit Training Lou Kardon Park	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:30 am</b> Trails for Tails Eisenhower Park	<b>Circuit Training</b> Lockwood Park
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>10:00 am</b> Chair Volleyball Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>12:30 pm</b> Water Fitness SA Natatorium	<b>9:00 am</b> Line Dancing Granados Center	<b>9:00 am</b> Pickleball LBJ Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>9:00 am</b> Low Impact Circuit West End Park	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>4:30 pm</b> Low Impact Circuit Crockett Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:00 am</b> Walking Group West End Park	<b>10:00 am</b> Boot Camp Stone Oak Park	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Modified Tennis Granados Center	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>5:30 pm</b> Family Fitness Frenzy LBJ 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>Family Fitness</b> Lockwood Park
<b>10:00 am</b> Social Walk Lackland Terrace Park	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Circuit Training</b> Labor Street Park	<b>Circuit Training</b> Bonnie Conner Park	<b>9:30 am</b> Cross Fit McAllister Park	<b>Hip Hop Dance</b> Berta Almaguer Studio	<b>12:00 pm</b> Stretching Hardberger Park West
<b>10:00 am</b> Walking Group West End Park	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Boot Camp</b> Crockett Park	<b>Boot Camp</b> Southside Lions Park	<b>10:30 am</b> RoTenGo Labor Street Park	<b>10:00 am</b> Boot Camp Hardberger Park East	<b>5:00 pm</b> Belly Dancing Encino Library
<b>10:30 am</b> Pickleball Granados Park	<b>Water Fitness</b> SA Natatorium	<b>Boot Camp</b> Travis Park	<b>Bailar es vivir</b> Enrique Barrera FC	<b>9:30 am</b> Boot Camp Hardberger Park East	<b>10:00 am</b> Zumba Rosedale Park	<b>5:30 pm</b> Boot Camp Nani Falcone Park
<b>5:00 pm</b> Strength Cuellar Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>10:30 am</b> Circuit Training McAllister Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>5:00 pm</b> Circuit Training Heritage Duck Pond	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Circuit Training</b> Enrique Barrera FC	<b>6:00 pm</b> Rotengo Jesse James Leija Gym	<b>Cross Fit</b> Monterrey Park	
<b>6:00 pm</b> Bailar es vivir Enrique Barrera FC	<b>Kids Cross Fit</b> Rainbow Hills Park	<b>Yoga</b> LBJ Park	<b>Tae Bo</b> Copernicus Park	<b>6:30 pm</b> Trails for Tails Eisenhower Park	<b>Low Impact Circuit</b> Encino Library	
<b>6:00 pm</b> Conditioning Cuellar Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>6:30 pm</b> Boot Camp LBJ Park	<b>Boot Camp</b> McAllister Park		<b>Cross Training</b> Garza Park	
<b>Hula</b> LBJ Park	<b>Belly Dancing</b> Lions Field	<b>Boot Camp</b> Garza Park	<b>Circuit Training</b> Woodlawn Lake Park		<b>10:30 am</b> Chair Yoga Dorie Miller Park	
<b>Circuit Training</b> Collins Garden Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Zumba</b> Jimmy Flores Park	<b>Interval Training</b> Bonnie Conner Park		<b>Yoga</b> Hardberger Park East	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Cross Fit</b> Highland Park	<b>Zumba</b> McAllister Park	<b>Cross Training</b> Garza Park			
<b>Boot Camp</b> Garza Park	<b>Zumba</b> Arnold Park	<b>Conditioning</b> Labor Street Park	<b>6:45 pm</b> Zumba South Side Lions Park			
<b>Boot Camp</b> Harlandale Park	<b>Tae Bo</b> Copernicus Park	<b>Interval Training</b> Ward Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park			
<b>Boot Camp</b> South San Park	<b>CrossFit</b> Heritage Duck Pond	<b>Body Combat</b> Pittman-Sullivan Park	<b>7:30 pm</b> Cross Fit Woodlawn Lake Park			
<b>Circuit Training</b> Woodlawn Lake Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Volleyball Conditioning</b> Copernicus Park				
<b>Zumba</b> McAllister Park	<b>Boot Camp</b> McAllister Park	<b>Family Fitness</b> Crockett Park				
<b>6:45 pm</b> Zumba Barrera Fitness Center	<b>RoTenGo</b> Labor Street Park	<b>Interval Training</b> Walker Ranch Park				
<b>7:00 pm</b> Yoga Collins Garden Park	<b>Interval Training</b> Bonnie Conner Park	<b>Zumba</b> Lions Field				
<b>Basketball Conditioning</b> Copernicus Park	<b>Cross Training</b> Garza Park	<b>7:15 pm</b> Zumba Harlandale Park				
<b>7:30 pm</b> Cross Fit Woodlawn Lake Park	<b>Interval Training</b> Highland Park	<b>7:30 pm</b> CrossFit Ward Park				
<b>Cross Fit</b> Harlandale Park	<b>Cardio Kickboxing</b> Heritage Duck Pond	<b>Boot Camp</b> Palm Heights Park				
<b>Boot Camp</b> Palm Heights Park						
					<b>2:00 pm</b> Basketball Conditioning Arnold Park	
					<b>2:30 pm</b> Boot Camp Palm Heights Park	
					<b>3:00 pm</b> Basketball Conditioning Arnold Park	
					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>4:00 pm</b> Meditation Hardberger Park West	

Monday April 18	Tuesday April 19	Wednesday April 20	Thursday April 21	Friday April 22	Saturday April 23	Sunday April 24
<b>5:15 am</b> Circuit 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>6:30 pm</b> Trails for Tails Eisenhower 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>9:30 am</b> Stroller Strides Hardberger Park East	<b>Circuit Training</b> Lou Kardon Park	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Fiesta Safe San Antonio</b>	<b>8:30 am</b> Community Walk Pittman-Sullivan Park	<b>Circuit Training</b> Lockwood Park
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>12:30 pm</b> Water Fitness SA Natatorium		<b>9:00 am</b> Pickleball LBJ Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>9:00 am</b> Low Impact Circuit West End Park	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>5:30 pm</b> Family Fitness Frenzy LBJ Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Holiday Buster</b>	<b>Boot Camp</b> Stone Oak Park	<b>Yoga</b> Pan American Library
<b>9:30 am</b> Modified Tennis Granados Center	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>Circuit Training</b> Labor Street Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park		<b>10:00 am</b> Zumba McAllister Park	<b>Cross Fit</b> McAllister Park
<b>10:00 am</b> Low-Impact Circuit Patman Library	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Boot Camp</b> Travis Park	<b>Circuit Training</b> Bonnie Conner Park	<b>10:00 am</b> Zumba Rosedale Park	<b>Cross Fit</b> Monterey Park	<b>Stretching</b> Hardberger Park West
<b>Social Walk</b> Lackland Terrace Park	<b>Water Fitness</b> SA Natatorium	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Boot Camp</b> Southside Lions Park	<b>10:00 am</b> Circuit Training McAllister Park	<b>Low Impact Circuit</b> Encino Library	<b>5:00 pm</b> Belly Dancing Encino Library
<b>Walking Group</b> West End Park	<b>Table Tennis</b> Mission Library	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Bailar es vivir</b> Enrique Barrera FC	<b>11:00 am</b> Chair Yoga Dorie Miller Park	<b>Cross Training</b> Garza Park	<b>5:30 pm</b> Boot Camp Nani Falcone Park
<b>Pickleball</b> Granados Park	<b>5:00 pm</b> Circuit Training Heritage Duck Pond	<b>Yoga</b> LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>11:00 am</b> Zumba Walzem YMCA	<b>Cross Training</b> Garza Park	
<b>Strength</b> Cuellar Park	<b>5:30 pm</b> Yoga Cuellar Park	<b>6:30 pm</b> Boot Camp LBJ Park	<b>Tae Bo</b> Copernicus Park	<b>12:00 pm</b> Body Pump Rosedale Park	<b>Chair Yoga</b> Dorie Miller Park	
<b>Walking Group</b> Woodlawn Lake Park	<b>Kids Cross Fit</b> Rainbow Hills Park	<b>Boot Camp</b> Garza Park	<b>Boot Camp</b> McAllister Park	<b>Interval Training</b> McAllister Park	<b>12:30 pm</b> Martial Arts Encino Library	
<b>Family Fitness</b> OP Schnabel Park	<b>Circuit Training</b> Bonnie Conner Park	<b>Zumba</b> Jimmy Flores Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>Boot Camp</b> Encino Library	<b>Salad al Pasito</b> Lincoln Park	
<b>Bailar es vivir</b> Enrique Barrera FC	<b>Belly Dancing</b> Lions Field	<b>Zumba</b> McAllister Park	<b>Interval Training</b> Bonnie Conner Park	<b>Yoga</b> Dorie Miller Park	<b>11:30 am</b> Yoga Dorie Miller Park	
<b>Conditioning</b> Cuellar Park	<b>5:30 pm</b> Circuit Training Enrique Barrera FC	<b>Conditioning</b> Labor Street Park	<b>Cross Training</b> Garza Park	<b>12:00 pm</b> Body Combat Rosedale Park	<b>12:00 pm</b> Body Combat Rosedale Park	
<b>Hula</b> LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Interval Training</b> Ward Park	<b>6:45 pm</b> Zumba South Side Lions Park	<b>Martial Arts</b> Encino Library	<b>12:30 pm</b> Martial Arts Encino Library	
<b>Circuit Training</b> Collins Garden Park	<b>Cross Fit</b> Highland Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park	<b>Salad al Pasito</b> Lincoln Park	<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>Piloxing</b> South Side Lions Park	<b>Zumba</b> Arnold Park	<b>Volleyball Conditioning</b> Copernicus Park	<b>7:30 pm</b> Cross Fit Woodlawn Lake Park	<b>12:30 pm</b> Basketball Conditioning Arnold Park	<b>Line Dancing</b> Berta Almaguer	
<b>Boot Camp</b> Garza Park	<b>Tae Bo</b> Copernicus Park	<b>Interval Training</b> Walker Ranch Park	<b>8:00 pm</b> Hip Hop Dance LBJ Park	<b>2:00 pm</b> Basketball Conditioning Arnold Park		
<b>Boot Camp</b> Harlandale Park	<b>CrossFit</b> Heritage Duck Pond	<b>Zumba</b> Lions Field		<b>2:30 pm</b> Boot Camp Palm Heights Park		
<b>Boot Camp</b> South San Park	<b>Cross Fit</b> Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park		<b>3:00 pm</b> Basketball Conditioning Arnold Park		
<b>Circuit Training</b> Woodlawn Lake Park	<b>Boot Camp</b> McAllister Park	<b>Zumba</b> Harlandale Park		<b>3:30 pm</b> Table Tennis Mission Library		
<b>Zumba</b> McAllister Park	<b>RoTenGo</b> Labor Street Park	<b>7:15 pm</b> Zumba Harlandale Park		<b>4:00 pm</b> Meditation Hardberger Park West		
<b>Core Training</b> OP Schnabel Park	<b>6:15 pm</b> Interval Training Bonnie Conner Park	<b>7:30 pm</b> CrossFit Ward Park				
<b>6:45 pm</b> Zumba Barrera Fitness Center	<b>Cross Training</b> Garza Park	<b>Boot Camp</b> Palm Heights 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>Cardio Kickboxing</b> Heritage Duck Pond					
<b>Basketball Conditioning</b> Copernicus Park						
<b>7:30 pm</b> Cross Fit Woodlawn Lake Park						
<b>Cross Fit</b> Harlandale Park						
<b>Boot Camp</b> Palm Heights Park						

