



# May 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 May 30</b>
Adult Boot Camp	  Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center <b>*No class May 30</b>
Adult Boot Camp	  LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton Community Center <b>*No class May 11</b>
Adult Boot Camp	 Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom <b>*No class May 21</b>
Boot Camp	 South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center <b>*No class May 30</b>
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 <b>*No class May 7</b>
Boot Camp	  Palm Heights 1201 W. Malone	Mon, Wed, Thurs	7:30 pm	Inside Palm Heights Community Center <b>*No class May 30</b>
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 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	 Nani Falcone Park 7625 Mystic Park	Wed	6:30 pm	Next to the playground



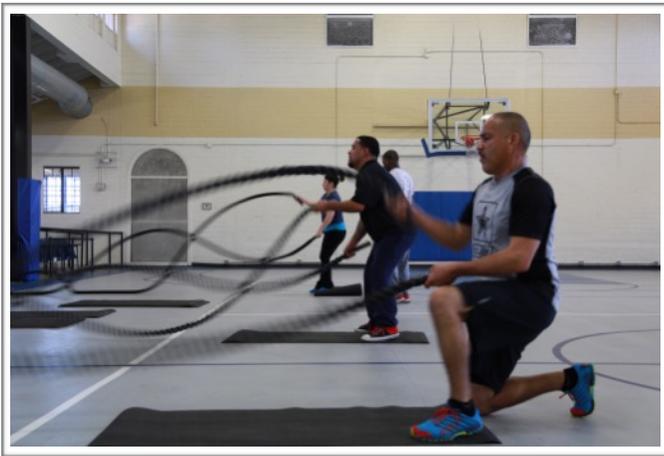
# Circuit Training

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 May 28</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) <b>*No class May 30</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 May 30</b>
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion <b>*No class May 30</b>
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts <b>*No class May 1 or 8</b>
Adult Circuit Training		Lockwood Park 801 N. Olive	Sun	10:00 am	Near the Farmer's Market <b>*No class May 1, 15 or 29</b>
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, May 3	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 <b>*No class May 30</b>
Low Impact Circuit Training	 	Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library <b>*No class May 7</b>
Low-Impact Circuit Training	 	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library <b>*No class May 16 or 30</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 May 20 or 30</b>
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 May 16 or 30</b>
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	7:00 pm	Next to the playground <b>*No class May 16 or 30</b>
Fitness Class	 	South Side Lions Park 3100 Hiawatha	Thurs	3:00 pm	Inside South Side Lions Community Center



# 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 <b>*No class May 1 or 8</b>
Interval Training		McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion <b>*No class May 28</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 <b>*No class May 30</b>
Interval Training		La Villita 418 Villita Street	Tues, May 3	7:00 pm	Next to the Mobile Fit

# Cycle Circuit

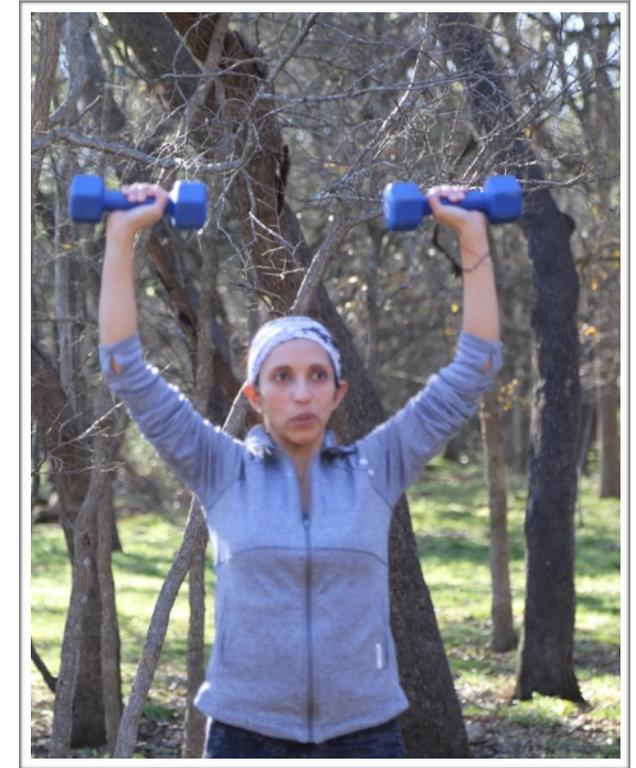
Cycle Circuit is a unique blend of cycling and circuit training. During each session, participants will engage in a series of exercises at designated stopping points followed by a period of cycling. **Each participant must have his/her own bicycle and helmets are required.**

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 May 21</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 May 11</b>
Family Fitness Frenzy 	OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground <b>*No class May 16 or 30</b>
Family Fitness Frenzy 	Lockwood Park 801 N. Olive	Sun	11:00 am	Near the Farmer's Market <b>*No class May 1, 15 or 29</b>
Family Fitness Frenzy 	La Villita 418 Villita Street	Teus, May 3	6:00 pm	Next to the Mobile Fit
Family Fitness Frenzy 	Eisenhower Park 19399 NW Military	Sat, May 21	11:30 am	At the "Kids to Parks Day" festivities



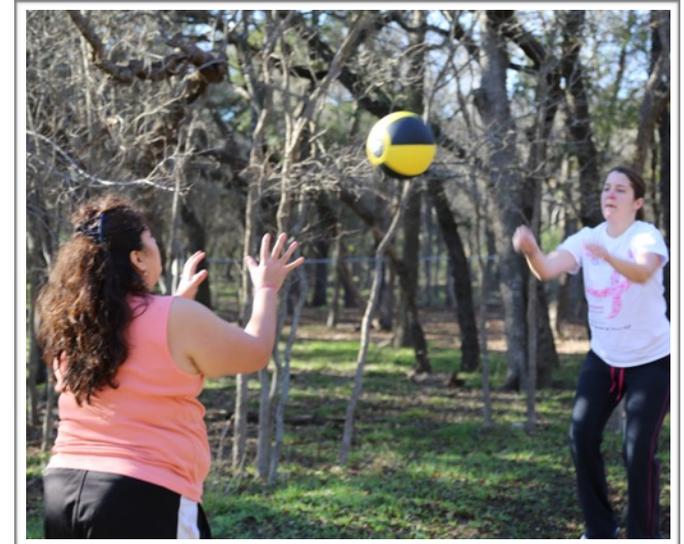
# Strength and Conditioning

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 <b>*No class May 30</b>
ELITE Strength & Conditioning (Conditioning)  	Cuellar Park 5626 San Fernando	Mon	6:00 pm	Inside Cuellar Community Center <b>*NO class May 30</b>
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 <b>*No class May 30</b>
Cross Fit	 McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion <b>*No class May 28</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) <b>*No class May 30</b>
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 <b>*No class May 28</b>



# 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 May 21</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
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 May 21</b>
Family Friendly Yoga	 Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations <b>*No class May 30</b>
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 <b>*No class May 1 or 8</b>
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 opportunity.

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



# 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 <b>*No class May 3, 4 or 5</b>
Lap Swimming		Southside Lions Park 3100 Hiawatha	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool <b>*No class May 3, 4 or 5</b>
Lap Swimming		LBJ Park 10700 Nacogdoches	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool <b>*No class May 3, 4 or 5</b>
Lap Swimming		Heritage Park 1423 Ellison	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool <b>*No class May 3, 4 or 5</b>

Class Name		Location	Day(s)	Time	Meeting Place
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 May 21 or 28</b>
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 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 <b>*No class May 30</b>
Zumba		Hardberger Park West 8400 NW Military	Sat	8:00 am	On the patio of the Phil Hardberger Park Urban Ecology Center <b>*No class May 21</b>
Zumba		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:45 pm	Inside Enrique Barrera Community Fitness Center <b>*No class May 30</b>
Zumba		Copernicus Park 5003 Lord Rd	Wed	6:00 pm	Inside Copernicus Community 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!



# 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+</b>
Hula Dancing		LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center <b>*No class May 30</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	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 <b>*Class taught in Spanish *No class May 30</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
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 <b>*No class May 30</b>
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 May 7</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 May 7</b>
Tae Bo		Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center <b>*No class May 12 or 26</b>

# 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!

Don't forget your four legged friend. "Get Fit with Fido" and "Trails for Tails" provides you the opportunity to bring your dogs with you on the walk. If you have a dog or you are just a dog lover, come enjoy the natural surrounds, adorable puppies and great fitness opportunity.

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 May 30</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 May 30</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, May 28	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 May 20 or 30</b>
Unase Al Reto hosted by Univision		Woodlawn Lake Park 1103 Cincinnati	Wed	5:00 pm	On the island near the boat ramp
Get Fit with Fido		Leon Creek Greenway 3215 Northwestern	Sat, May 8	2:00 pm	At the Ingram Transit Center Trailhead
Trails for Tails		Eisenhower Park 19399 NW Military	Fri	6:00 pm	At the pavilion next to the playground
Trails for Tails		Eisenhower Park 19399 NW Military	Sat	8:30 am	At the pavilion next to the playground

## Get Out and Walk

Walking 30 minutes a day can help you...



**Connect**  
with family, friends and neighbors



**Stay Healthy**  
and reduce your risk of many conditions



**Save Money**  
on travel and doctors' visits



**Boost Your Mind**  
and feel good about yourself



**Help the Planet**  
by reducing air pollution

### Get walking every day with these tips:



**Start Slow**  
Just 10 minutes at a time is a great way to get started!



**Make a Plan**  
Put walking on your calendar to make sure you have time to walk.



**Walk Fast**  
Fast enough that you cannot sing, but are able to talk.



**Find a Buddy**  
Walk with a partner to help you stick to your walking plan and connect with others.



**Walk Instead of Drive**  
Find a safe route to walk to work, school, the store or other places you normally would drive.



**Change Your Scenery**  
Walk in a park or trail you've never visited. Discover new places and have fun!

Your local park is a great place to walk everyday.


www.nrpa.org/Walking



# 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 <b>*No class May 30</b>
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>
Fitness Obstacle Course	 Eisenhower Park 19399 NW Military	Sat, May 21	12:30 pm	At the "Kids to Parks Day" festivities
Kid Fit SA	 Eisenhower Park 19399 NW Military	Sat, May 21	10:30 am	At the "Kids to Parks Day" festivities
KDR Elite Sports Performance	 Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside Cuellar Community Center's front gym <b>*Boys and Girls ages 14 to 18</b>

# 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!

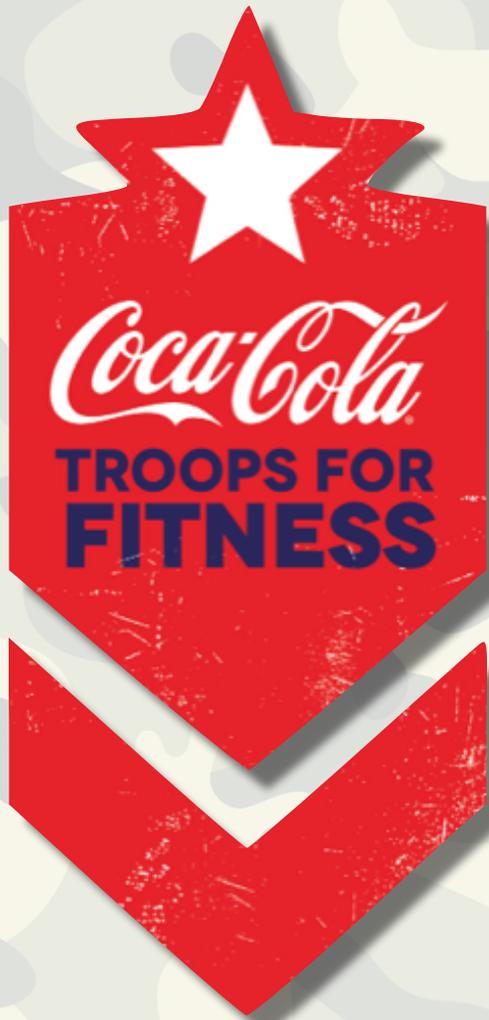
Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	 Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables <b>*For inclement weather cancellations call 800-279-7430</b>
Stroller Strides by Fit 4 Mom	 Phil Hardberger Park East 13203 Blanco	Sat, May 7	9:30 am	Picnic 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 <b>*No class May 30</b>
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 <b>*No class May 30</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  
LBJ Park  
Palm Heights Park
- **Yoga**  
Cuellar Park
- **Interval Training**  
McAllister Park  
Bonnie Conner Park  
Ward Park  
Highland Park
- **Cross Fit**  
McAllister Park  
Harlandale Park  
Highland Park  
Ward Park
- **Circuit Training**  
Bonnie Conner Park  
Lou Kardon Park  
McAllister Park
- **Core Training**  
OP Schnabel Park
- **Low Impact Circuit**  
Lackland Terrace Park  
Parman Library
- **Family Fitness Frenzy**  
LBJ Park  
OP Schnabel Park



# FITPASS 5K DASH 5K



## Fitness in the Park *Spotlight* May 2016

Summer is around the corner. In San Antonio that means Fit Pass Season. The San Antonio Parks and Recreation Department is hard at work preparing this year's Fit Pass 2016 program. There will be thousands of fitness, wellness and nutrition events which means thousands of opportunities to earn points.

Fit Pass 2016 will Kickoff with the Fit Pass Dash 5K, 1 mile fun run, Fitnessthon and Expo hosted at the newly renovated Pearsall Park. You are invited to help us celebrate the grand opening of this state of the art park featuring a splash pad, adult fitness challenge area, picnic tables, beautiful landscaping, a playground and much, much more.

Sign up to attend this great family event at [iaapweb.com](http://iaapweb.com) and search under the event calendar for Fit Pass Dash 5K on June 11 at Pearsall Park. Registration is free and highly recommended.

Hear what past participants think of Fit Pass at <https://www.youtube.com/watch?v=Wq2mHNTF9-A>



@SAParksFitness

San Antonio Parks and Recreation Fitness

# Weekly Schedule

# April - May 2016

Monday April 25	Tuesday April 26	Wednesday April 27	Thursday April 28	Friday April 29	Saturday April 30	Sunday May 1
<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>11:00 am</b> Yoga Pan American Library
<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>5:00 pm</b> Belly Dancing Encino Library
<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>Line Dancing</b> Granados Center	<b>9:00 am</b> Pickleball LBJ Park	
<b>9:00 am</b> Low Impact Circuit West End Park	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>5:00 pm</b> Unase Al Reto Woodlawn Lake Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Walking Group</b> West End Park	<b>Boot Camp</b> Stone Oak Park	
<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>3:00 pm</b> Fitness Class South Side Lions	<b>11:00 am</b> Tai Chi Pan American Library	<b>Zumba</b> McAllister Park	
<b>10:00 am</b> Low-Impact Circuit Parman Library	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Circuit Training</b> Labor Street Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Folklorico</b> Granados Center	<b>Hip Hop Dance</b> Berta Almaguer Studio	
<b>10:00 am</b> Social Walk Lackland Terrace Park	<b>Water Fitness</b> SA Natatorium	<b>Boot Camp</b> Travis Park	<b>Circuit Training</b> Bonnie Conner Park	<b>Zumba</b> OP Schnabel Park	<b>Cross Fit</b> McAllister Park	
<b>10:30 am</b> Pickleball Granados Park	<b>Table Tennis</b> Mission Library	<b>Cardio Kickboxing</b> Walker Ranch Park	<b>Boot Camp</b> Southside Lions Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Belly Dancing</b> Berta Almaguer Studio	
<b>5:00 pm</b> Strength Cuellar Park	<b>5:00 pm</b> Circuit Training Heritage Duck Pond	<b>6:00 pm</b> Adult Tennis McFarlin Tennis Center	<b>Bailar es vivir</b> Enrique Barrera FC	<b>Trails for Tails</b> Eisenhower Park	<b>RoTenGo</b> Labor Street Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Yoga</b> Cuellar Park	<b>6:30 pm</b> Boot Camp LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC		<b>9:30 am</b> Boot Camp Hardberger Park East	
<b>Family Fitness</b> OP Schnabel Park	<b>Kids Cross Fit</b> Rainbow Hills Park	<b>Boot Camp</b> Garza Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>10:00 am</b> Zumba Rosedale Park	
<b>Bailar es vivir</b> Enrique Barrera FC	<b>5:30 pm</b> Circuit Training Bonnie Conner Park	<b>Zumba</b> Jimmy Flores Park	<b>6:30 pm</b> Interval Training Woodlawn Lake Park		<b>Circuit Training</b> McAllister Park	
<b>6:00 pm</b> Conditioning Cuellar Park	<b>Belly Dancing</b> Lions Field	<b>Zumba</b> McAllister Park	<b>Interval Training</b> Bonnie Conner Park		<b>Cross Fit</b> Monterrey Park	
<b>Hula</b> LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Conditioning</b> Labor Street Park	<b>Cross Training</b> Garza Park		<b>Low Impact Circuit</b> Encino Library	
<b>Circuit Training</b> Collins Garden Park	<b>Cross Fit</b> Highland Park	<b>Interval Training</b> Ward Park	<b>Zumba</b> South Side Lions Park		<b>Cross Training</b> Garza Park	
<b>Zumba</b> Villa Coronado	<b>Zumba</b> Arnold Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Yoga</b> Dorie Miller Park	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Tae Bo</b> Copernicus Park	<b>Volleyball Conditioning</b> Copernicus Park	<b>7:30 pm</b> Cross Fit Woodlawn Lake Park		<b>10:30 am</b> Chair Yoga Dorie Miller Park	
<b>Boot Camp</b> Garza Park	<b>CrossFit</b> Heritage Duck Pond	<b>Boot Camp</b> Nani Falcone Park	<b>8:45 pm</b> Zumba		<b>Yoga</b> Hardberger Park East	
<b>Boot Camp</b> Harlandale Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Interval Training</b> Walker Ranch Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>11:00 am</b> Zumba Walzem YMCA	
<b>Boot Camp</b> South San Park	<b>Boot Camp</b> McAllister Park	<b>Zumba</b> Lions Field	<b>7:30 pm</b> Boot Camp Palm Heights Park		<b>Body Pump</b> Rosedale Park	
<b>Circuit Training</b> Woodlawn Lake Park	<b>RoTenGo</b> Labor Street Park	<b>Zumba</b> Harlandale Park	<b>8:00 pm</b> Hip Hop Dance LBJ Park		<b>Boot Camp</b> Encino Library	
<b>Zumba</b> McAllister Park	<b>Interval Training</b> Bonnie Conner Park	<b>7:15 pm</b> Zumba			<b>Interval Training</b> McAllister Park	
<b>Core Training</b> OP Schnabel Park	<b>Cross Training</b> Garza Park	<b>7:30 pm</b> CrossFit Ward Park			<b>Yoga</b> Dorie Miller Park	
<b>Zumba</b> Barrera Fitness Center	<b>7:00 pm</b> Interval Training Highland Park	<b>Boot Camp</b> Palm Heights Park			<b>11:30 am</b> Yoga Dorie Miller Park	
<b>7:00 pm</b> Yoga Collins Garden Park	<b>Cardio Kickboxing</b> Heritage Duck Pond				<b>12:00 pm</b> Body Combat Rosedale Park	
<b>Core Training</b> OP Schnabel Park					<b>Martial Arts</b> Encino Library	
<b>Basketball Conditioning</b> Copernicus Park					<b>Martial Arts</b> Encino Library	
<b>Cross Fit</b> Woodlawn Lake Park					<b>12:30 pm</b> Martial Arts Encino Library	
<b>Cross Fit</b> Harlandale Park					<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>Boot Camp</b> Palm Heights Park					<b>Yoga</b> Mission Library	
					<b>Line Dancing</b> Berta Almaguer	
					<b>Basketball Conditioning</b> Arnold Park	
					<b>Cycle Circuit Training</b> Mission Library	
					<b>2:30 pm</b> Boot Camp Palm Heights Park	
					<b>Basketball Conditioning</b> Arnold Park	
					<b>3:00 pm</b> Table Tennis Mission Library	
					<b>3:30 pm</b> Meditation Hardberger Park West	



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



Monday May 23	Tuesday May 24	Wednesday May 25	Thursday May 26	Friday May 27	Saturday May 28	Sunday May 29
<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>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>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>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:30 am</b> Community Walk Pittman-Sullivan 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>Circuit Training</b> Lou Kardon Park	<b>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Line Dancing</b> Granados Center	<b>9:00 am</b> Pickleball LBJ Park	<b>Yoga</b> Pan American Library
<b>9:00 am</b> Low Impact Circuit West End 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>Walking Group</b> West End Park	<b>Boot Camp</b> Stone Oak Park	<b>12:00 pm</b> Stretching Hardberger Park West
<b>9:30 am</b> Modified Tennis Granados Center	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>5:00 pm</b> Unase Al Reto Woodlawn Lake Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Tai Chi</b> Pan American Library	<b>Belly Dancing</b> Berta Almaguer Studio	<b>5:00 pm</b> Belly Dancing Encino Library
<b>10:00 am</b> Low-Impact Circuit Patman Library	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>5:30 pm</b> Family Fitness Frenzy LBJ Park	<b>3:00 pm</b> Fitness Class South Side Lions	<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>11:30 am</b> Circuit Training Enrique Barrera FC	<b>Circuit Training</b> Labor Street Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Zumba</b> OP Schnabel Park	<b>10:00 am</b> Zumba Rosedale Park	
<b>Walking Group</b> West End Park	<b>Water Fitness</b> SA Natatorium	<b>Boot Camp</b> Travis Park	<b>Circuit Training</b> Bonnie Conner Park	<b>6:00 pm</b> Rotengo Jesse James Leija Gym	<b>Low Impact Circuit</b> Encino Library	
<b>Pickleball</b> Granados Park	<b>Table Tennis</b> Mission Library	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Boot Camp</b> Southside Lions Park	<b>Trails for Tails</b> Eisenhower Park	<b>Cross Training</b> Garza Park	
<b>5:00 pm</b> Strength Cuellar Park	<b>1:00 pm</b> Circuit Training Heritage Duck Pond	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Bailar es vivir</b> Enrique Barrera FC		<b>10:30 am</b> Chair Yoga Dorie Miller Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Yoga</b> Cuellar Park	<b>Yoga</b> LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC		<b>Yoga</b> Hardberger Park East	
<b>Family Fitness</b> OP Schnabel Park	<b>Kids Cross Fit</b> Rainbow Hills Park	<b>Zumba</b> Copernicus Park	<b>6:30 pm</b> Boot Camp LBJ Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>Bailar es vivir</b> Enrique Barrera FC	<b>Circuit Training</b> Bonnie Conner Park	<b>6:30 pm</b> Boot Camp Garza Park	<b>Boot Camp</b> McAllister Park		<b>Boot Camp</b> Encino Library	
<b>6:00 pm</b> Conditioning Cuellar Park	<b>Belly Dancing</b> Lions Field	<b>Zumba</b> Jimmy Flores Park	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>11:30 am</b> Yoga Dorie Miller Park	
<b>Hula</b> LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Conditioning</b> Labor Street Park	<b>Interval Training</b> Bonnie Conner Park		<b>12:00 pm</b> Body Combat Rosedale Park	
<b>Circuit Training</b> Collins Garden Park	<b>Cross Fit</b> Highland Park	<b>Interval Training</b> Ward Park	<b>Cross Training</b> Garza Park		<b>Martial Arts</b> Encino Library	
<b>Zumba</b> Villa Coronado	<b>Zumba</b> Arnold Park	<b>Body Combat</b> Pittman-Sullivan Park	<b>Zumba</b> South Side Lions Park		<b>Salad al Pasito</b> Lincoln Park	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Tae Bo</b> Copernicus Park	<b>Volleyball Conditioning</b> Copernicus Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>12:30 pm</b> Martial Arts Encino Library	
<b>Boot Camp</b> Garza Park	<b>CrossFit</b> Heritage Duck Pond	<b>Boot Camp</b> Nani Falcone Park	<b>7:30 pm</b> Cross Fit Woodlawn Lake Park		<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>Boot Camp</b> Harlandale Park	<b>Cross Fit</b> Rainbow Hills Park	<b>7:00 pm</b> Interval Training Walker Ranch Park	<b>7:00 pm</b> Zumba Palm Heights Park		<b>Yoga</b> Mission Library	
<b>Boot Camp</b> South San Park	<b>Boot Camp</b> McAllister Park	<b>Zumba</b> Lions Field	<b>8:00 pm</b> Hip Hop Dance LBJ Park		<b>Line Dancing</b> Berta Almaguer	
<b>Circuit Training</b> Woodlawn Lake Park	<b>RoTenGo</b> Labor Street Park	<b>Sports Performance</b> Cuellar Park			<b>2:00 pm</b> Basketball Conditioning Arnold Park	
<b>Core Training</b> OP Schnabel Park	<b>6:15 pm</b> Interval Training Bonnie Conner Park	<b>Zumba</b> Harlandale Park			<b>Cycle Circuit Training</b> Mission Library	
<b>6:45 pm</b> Zumba Barrera Fitness Center	<b>Cross Training</b> Garza Park	<b>7:15 pm</b> Zumba Harlandale Park			<b>2:30 pm</b> Boot Camp Palm Heights Park	
<b>7:00 pm</b> Yoga Collins Garden Park	<b>7:00 pm</b> Interval Training Highland Park	<b>7:30 pm</b> CrossFit Ward Park			<b>3:00 pm</b> Basketball Conditioning Arnold Park	
<b>Core Training</b> OP Schnabel Park	<b>Cardio Kickboxing</b> Heritage Duck Pond	<b>Boot Camp</b> Palm Heights Park			<b>Table Tennis</b> Mission Library	
<b>Basketball Conditioning</b> Copernicus Park					<b>3:30 pm</b> Meditation Hardberger Park West	
<b>7:30 pm</b> Cross Fit Woodlawn Lake Park						
<b>Cross Fit</b> Harlandale Park						
<b>Boot Camp</b> Palm Heights Park						

Monday May 30	Tuesday May 31	Wednesday June 1	Thursday June 2	Friday June 3	Saturday June 4	Sunday June 5
<p><u><b>Holiday Buster</b></u></p> <p>-30 seconds of running</p> <p>-30 seconds of jumping jacks</p> <p>-30 seconds of sit ups</p> <p>-30 seconds of lunges</p> <p>-30 seconds of push ups</p> <p>-30 seconds of rest</p> <p>Repeat up to 10 times for a 30 minute workout</p> <p><b>Remember to warm up &amp; stretch before your workout and cool down and stretch again after you workout.</b></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 Fiesta time. Take 45 minutes to complete this workout and enjoy Fiesta in moderation.</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>11:30 am</b> Circuit Training Enrique Barrera FC</p> <p><b>Water Fitness</b> SA Natatorium</p> <p><b>1:00 pm</b> Table Tennis Mission Library</p> <p><b>5:00 pm</b> Circuit Training Heritage Duck Pond</p> <p><b>Yoga</b> Cuellar Park</p> <p><b>Kids Cross Fit</b> Rainbow Hills Park</p> <p><b>5:30 pm</b> Circuit Training Bonnie Conner Park</p> <p><b>Belly Dancing</b> Lions Field</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>CrossFit</b> Heritage Duck Pond</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> Interval Training Bonnie Conner Park</p> <p><b>Cross Training</b> Garza Park</p> <p><b>7:00 pm</b> Interval Training Highland Park</p> <p><b>Cardio Kickboxing</b> Heritage Duck Pond</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>5:00 pm</b> Unase Al Reto Woodlawn Lake Park</p> <p><b>5:30 pm</b> Family Fitness Frenzy LBJ Park</p> <p><b>Circuit Training</b> Labor Street Park</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>Yoga</b> LBJ Park</p> <p><b>6:30 pm</b> Boot Camp LBJ Park</p> <p><b>Boot Camp</b> 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>Volleyball Conditioning</b> Copernicus Park</p> <p><b>Boot Camp</b> Nani Falcone Park</p> <p><b>7:00 pm</b> Interval Training Walker Ranch Park</p> <p><b>Zumba</b> Lions Field</p> <p><b>Sports Performance</b> Cuellar Park</p> <p><b>7:15 pm</b> Zumba Harlandale Park</p> <p><b>7:30 pm</b> CrossFit Ward Park</p> <p><b>Boot Camp</b> Palm Heights 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>11:30 am</b> Circuit Training Enrique Barrera FC</p> <p><b>12:30 pm</b> Water Fitness SA Natatorium</p> <p><b>1:00 pm</b> Table Tennis Mission Library</p> <p><b>3:00 pm</b> Fitness Class South Side Lions</p> <p><b>5:30 pm</b> Walking Group Woodlawn Lake Park</p> <p><b>Circuit Training</b> Bonnie Conner Park</p> <p><b>Boot Camp</b> Southside Lions Park</p> <p><b>Bailar es vivir</b> Enrique Barrera FC</p> <p><b>6:00 pm</b> Circuit Training Enrique Barrera FC</p> <p><b>Tae Bo</b> 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> Cross Fit Woodlawn Lake Park</p> <p><b>Boot Camp</b> Palm Heights Park</p> <p><b>8:00 pm</b> Hip Hop Dance LBJ Park</p>	<p><b>9:00 am</b> Low Impact Circuit 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>Walking Group</b> West End Park</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>Trails for Tails</b> Eisenhower Park</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>RoTenGo</b> Labor Street Park</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 Dorie Miller 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 Dorie Miller Park</p> <p><b>12:00 pm</b> Body Combat Rosedale Park</p> <p><b>Martial Arts</b> Encino Library</p> <p><b>Salad al Pasito</b> Lincoln Park</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>Line Dancing</b> Berta Almaguer</p> <p><b>Yoga</b> Mission Library</p> <p><b>2:00 pm</b> Basketball Conditioning Arnold Park</p> <p><b>Cycle Circuit Training</b> Mission Library</p> <p><b>2:30 pm</b> Boot Camp Palm Heights Park</p> <p><b>3:00 pm</b> Basketball Conditioning Arnold Park</p> <p><b>Table Tennis</b> Mission Library</p> <p><b>3:30 pm</b> Table Tennis Mission Library</p> <p><b>4:00 pm</b> Meditation Hardberger Park West</p>	<p><b>10:00 am</b> Interval Training 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>12:00 pm</b> Stretching Hardberger Park West</p> <p><b>5:00 pm</b> Belly Dancing Encino Library</p>