



Fitness in the park



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

OCTOBER 2015 SCHEDULE

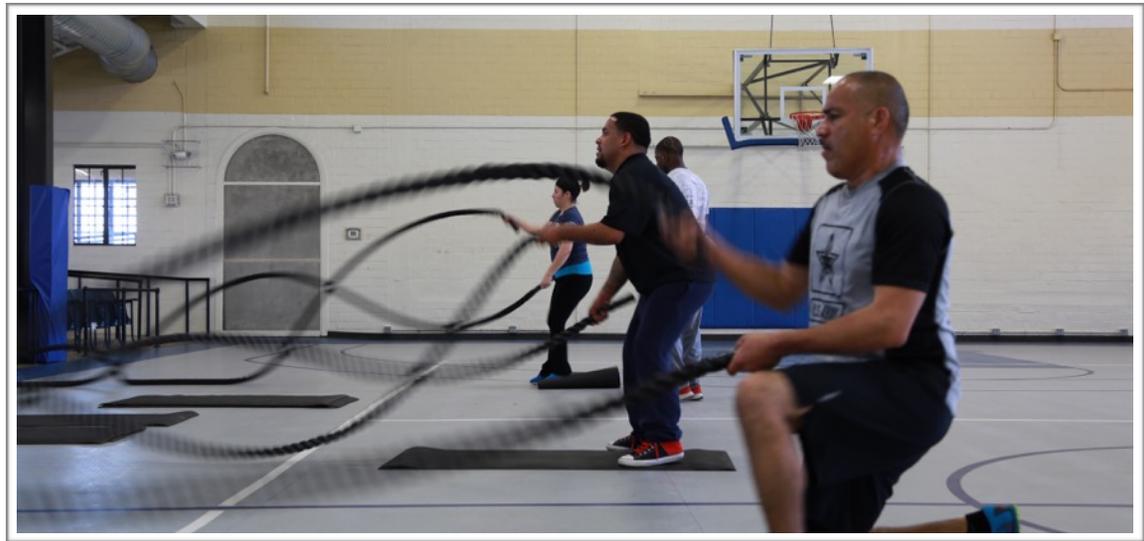
Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all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



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

BOOOOOT CAMPS

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



Class Name	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp	Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza community center
Adult Boot Camp	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale community center
Adult Boot Camp	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton community center
Adult Boot Camp	Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom
Boot Camp	South San Park 2031 Quintana	Mon	6:30 pm	Inside South San community center
Boot Camp hosted by Christ Fit Fusion	Stone Oak Park 20395 Stone Oak Pkwy	Tues	9:30 am	At the outdoor fitness stations
Boot Camp hosted by Christ Fit Fusion	Hardberger Park West 8400 NW Military	Mon	9:30 am	At the basketball courts
Boot Camp	Miller's Pond Park 6175 Old Pearsall Rd	Wed	6:30 pm	Next to the pavilion
Transformation Warrior Boot Camp	Palm Heights Park 1201 W. Malone	Mon, Tues, Thurs	7:30 pm	At the outdoor fitness stations
Boot Camp	South Side Lions Park 3100 Hiawatha	Thurs	5:30 pm	At the community center



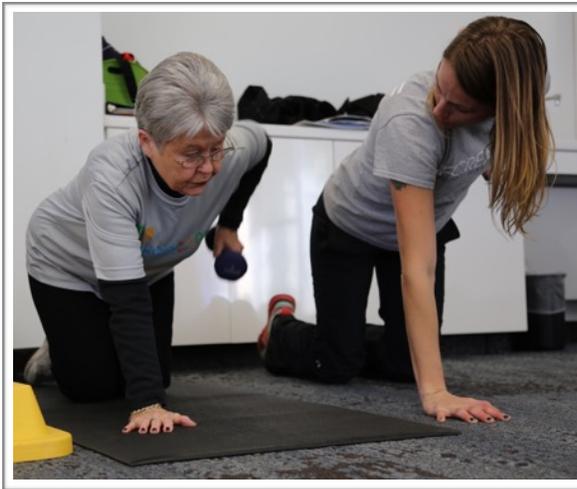
CIRCUIT TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	McAllister Park <i>13102 Jones Maltsberger</i>	Sat	10:00 am	At the outdoor fitness stations
Adult Circuit Training	Enrique Barrera Fitness Center <i>5800 Old Hwy 90</i>	Tues	6:00 pm	Inside Enrique Barrera fitness center
Adult Circuit Training	Bonnie Conner Park <i>13300 Woller</i>	Tues / Thurs	5:30 pm	Next to playground
Adult Circuit Training	Labor Street Park <i>436 Labor Street</i>	Wed	5:30 pm	At the outdoor fitness stations
Adult Circuit Training	Collins Garden Park <i>1525 Nogalitos</i>	Sun, October 4 & 18	10:00 am	In the park
Adult Circuit Training	Dignowity Park <i>701 Nolan</i>	Sun, October 11 & 25	10:00 am	In the park next to library
Adult Circuit Training	Woodlawn Lake Park <i>1103 Cincinnati</i>	Mon / Thurs	6:30 pm	At the Community Health & Wellness Center (Gym)
Adult Circuit Training	Lou Kardon Park <i>6161 Gibbs Sprawl Rd.</i>	Wed	8:30 am	At the outdoor fitness stations
Outdoor Circuit hosted by the Mays Family YMCA	Panther Springs Park <i>21456 Blanco</i>	Mon / Wed	8:30 am	Mays YMCA lobby
Adult Circuit Training (30 minutes)	Walker Ranch Park <i>12603 West Ave.</i>	Mon	5:15 am	Next to the pavilion
Adult Circuit Training	Hardberger Park West <i>8400 NW Military Hwy</i>	Sun	11:00 am	Next to the basketball courts
Adult Circuit Training	Travis Park <i>301 E. Travis</i>	Tues	12:00 pm	On the east side of the park

CIRCUIT TRAINING, CROSS TRAINING & MORE



Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	Stone Oak Park 20395 Stone Oak Pkwy	Mon	8:30 am	At the outdoor fitness stations
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
Self Defense Circuit	Stone Oak Park 20395 Stone Oak Pkwy	Mon	6:30 pm	At the outdoor fitness stations
Low-Impact Circuit Training	Parman Library 20735 Wilderness Oak	Mon	10:00 am	In the conference room *Class will meet outdoors on October 19 & 26
Low-Impact Circuit Training	Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill community center
Low-Impact Fitness Training	Commander's House 622 S. Flores	Tues	10:00 am	In upstairs conference room
Low Impact Circuit Training	Lions Field Senior Center 2809 Broadway	Tues	8:30 am	Inside Lions Field adult & senior center
Cross Training	Garza Park 1450 Mira Vista	Tues / Wed / Thurs	6:00 pm	Inside Garza community center
Lunch Crunch (30 min)	Travis Park 301 E. Travis	Tues	11:30 am	In the park
Core Training (30 min)	Perez Park 8601 Timber Path	Mon	6:30 pm	Next to the playground *No class October 12
Core Training (30 min)	Perez Park 8601 Timber Path	Mon	7:00 pm	Next to the playground *No class October 12



INTERVAL TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Interval Training	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward community center
Interval Training	Bonnie Conner Park 13300 Woller	Tues / Thurs	6:30 pm	Next to the playground
Interval Training	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode community center
Interval Training	Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts
Interval Training	McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training	Stone Oak Park 20395 Stone Oak Pkwy	Mon	5:30 pm	At the outdoor fitness stations
Interval Training	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Functional Fitness Fusion Interval Training	Veteran's Memorial Park 3864 Cibolo Valley Drive, Cibolo, TX	Sat	9:00 am	Meet in the park *No class October 10

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 workout together. Activities are modified for all ages and abilities. Model healthy habits to your children while improving your families overall health. A parent or guardian must stay with their children during class.



Class Name	Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	Miller's Pond Park 6175 Old Pearsall Rd	Wed	5:30 pm	Next to the pavilion
Family Fitness Frenzy	LBJ Park 10700 Nacogdoches	Wed	5:30 pm	Inside Lou Hamilton community center
Family Fitness Frenzy	Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts
Family Fitness Frenzy	Collins Garden Park 1525 Nogalitos	Sun, October 4 & 18	11:30 am	In the park
Family Fitness Frenzy	Dignowity Park 701 Nolan	Sun, October 11 & 25	11:30 am	In the park next to library
Family Fitness Frenzy	Perez Park 8601 Timber Path	Mon	5:30 pm	Next to the playground *No class October 12

STRENGTH & 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

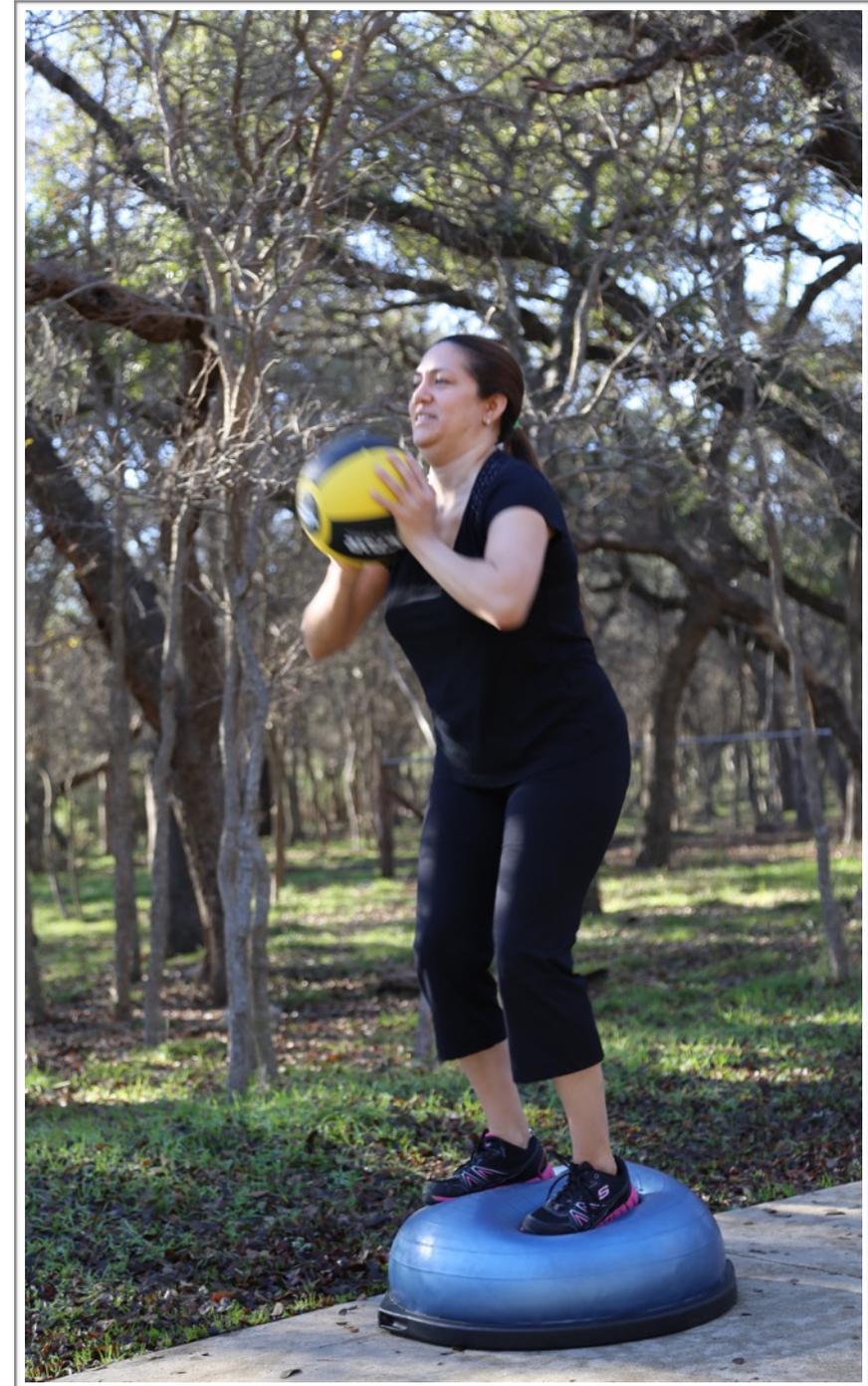
Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, 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 Maltzberger	Sat	9:00 am	Turkey Roost pavilion
Cross Fit	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center
Cross Fit	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	At the Community Health & Wellness Center (Gym)
Cross Fit	Heritage Duck Pond 900 S. Ellison	Tues	6:00 pm	Next to the playground

MUMMY & ME

Mommy & Me Fitness is for all caregivers of young children. This unique fitness experience allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout!

Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Sat, October 3	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430





YOGA & TAI CHI

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 the conference room
Yoga	Pan American Library 1122 Pyron Ave.	Mon	6:30 pm	Inside the library
Family Friendly Yoga	Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom
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 the library *Must be on time to participate



CYCLING

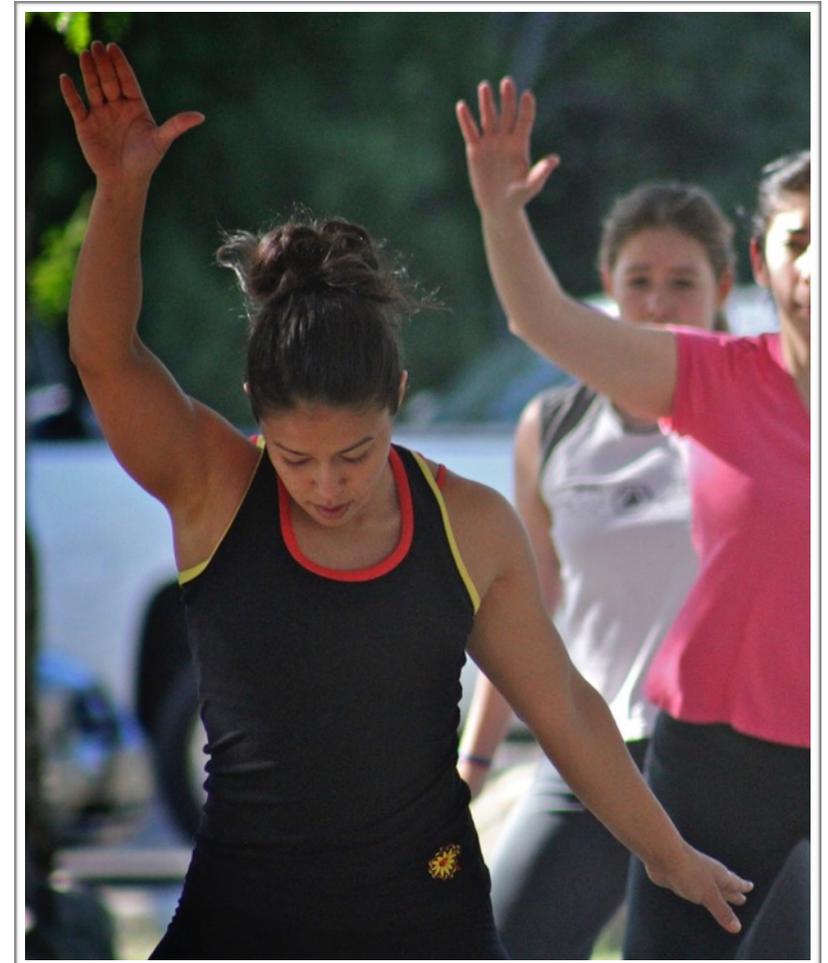
Cycling is a great workout for the whole family. With less impact on the joints than running, cycling can provide a peaceful day with lots of scenic views. Try Cycling Circuit, a unique fitness class that blends bicycling with elements of traditional circuit training. This is a 'bring your own' bike class recommended for adults 18 and up.

Class Name	Location	Day	Time	Meeting Place
Cycling Circuit	Mission Library 3134 Roosevelt	Sat	2:00 pm	Outside the Library

Class Name	Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans	OP Schnabel Park 9606 Bandera	Mon/Wed	6:30 pm	At Graff Pavilion
Zumba	Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale community center
Zumba	McAllister Park 13102 Jones Maltzberger	Sat	9:00 am	Turkey Roost pavilion
Zumba	Enrique Barrera Fitness Center 5800 Old Hwy 90	Mon	6:45 pm	At the fitness center
Zumba	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	At the community center
Zumba	Arnold Park 1011 Gillette	Tues	6:00 pm	Inside the Ramirez community center
Zumba / Dance Mix hosted by the Y Living Center	Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the YMCA
Zumba hosted by the Walzem YMCA	Walzem YMCA 5538 Walzem	Sat	11:00 am	Inside the YMCA
Zumba hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the front desk
Zumba hosted by the Braundera YMCA	OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Inside the YMCA

ZUUUUMBA

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 the dance studio * Ages 11 to Adult
Adult Hip Hop Dance	LBJ Park 10700 Nacogdoches	Thurs	8:00 pm	Inside Lou Hamilton Community Center *Ages 18+
Hula Dancing	LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center
Adult Line Dancing	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill community center
Adult Line Dancing	Granados Park 500 Freiling	Fri	10:00 am	Inside Granados adult & senior center *No class October 9 or 30
Line Dancing	Berta Almaguer Dance Studio 138 S. Josephine	Sat	1:00 pm	Inside the dance studio
Bailar Es Vivir (A mix of dance styles)	Enrique Barrera Fitness Center 5800 Old Hwy 90	Mon/Wed	6:00 pm	Inside Enrique Barrera fitness center *Class is taught in Spanish
Intro to Folklorico Dance (Teens and Adults)	Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside the dance studio
Intro to Folklorico Dance for adults	Granados Park 500 Freiling	Fri	11:00 am	Inside Granados adult & senior center *No class October 9 or 30
Intro to Ballet Exercise (Teens and Adults)	Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside the dance studio

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

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

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

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

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

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

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



ALL KINDS OF CARDIO

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
Kickboxng	Brackenridge Park 3700 N. St. Mary's	Sun, October 11	12:00 pm	Koehler Pavilion
Body Combat hosted by the Davis Scott YMCA	Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Inside the YMCA
Body Combat hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the front desk
Body Pump hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the front 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.	Mon	4:00 pm	Inside the library conference room <i>*Limit of 30 participants per session</i>
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:30 pm	Inside the library conference room <i>*Class will meet on the patio on October 19 & 26</i>
Tae Bo	Copernicus Park 5003 Lord Rd	Tues	6:00 pm	Inside Copernicus Community Center
Tae Bo	Copernicus Park 5003 Lord Rd	Thurs, October 8 & 22 ONLY	6:00 pm	Inside Copernicus Community Center

WALKING GROOOOUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!



Class Name	Location	Day(s)	Time	Meeting Place
Social Walk	Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill community center
Power Walk	Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River	Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	At the Community Health & Wellness Center (Gym)
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	At Copernicus community center
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	At Copernicus community center
Fitness Walk	Leon Creek Greenway 3215 Northwestern	Sat	8:30 am	At the VIA Park and Ride Connection (Ingram Rd)
Community Walk	Pittman-Sullivan Park 1213 Iowa	Sat, October 24	8:30 am	At the YMCA entrance
Social Walk	Villa Coronado Park 11030 Ruidosa	Mon/Tues	6:30 pm	Outside Father Roman Community Center



VOLUNTEER OPPORTUNITIES

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

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



JUST FOR KIDS

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

Class Name	Location	Day(s)	Time	Meeting Place
Youth Sports Conditioning	Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside the large gym *Ages 14 to 18
Youth and Adult Basketball Conditioning	Copernicus Park 5003 Lord	Mon	6:30 pm	Inside the gym
Youth Volleyball Conditioning	Copernicus Park 5003 Lord	Wed	6:30 pm	Inside the gym
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside the gym *Middle School Ages
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside the gym *High School Ages

SPOOK-TACULAR FITNESS IN THE PARK

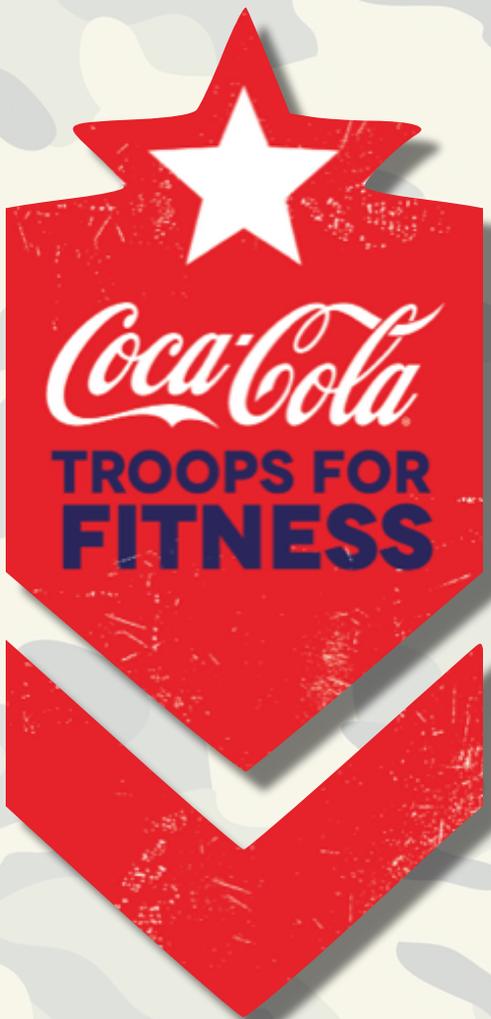
ON SATURDAY, OCTOBER 31 EVERYONE WHO PARTICIPATES IN A FITNESS IN THE PARK CLASS WEARING A FAMILY FRIENDLY, EXERCISE SAFE COSTUME WILL BE ENTERED INTO A DRAWING TO WIN A PRIZE.

RACQUET SPORTS

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



Class Name	Location	Day(s)	Time	Meeting Place
Adult Table Tennis	Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside the library
Adult Table Tennis	Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside the library
Modified Tennis	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	At the Granados Adult & Senior Center
Pickleball	LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton community center gym
Pickleball	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	At the Granados Adult & Senior Center
RoTenGo	Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Upstairs gym
RoTenGo	Labor Street Park 436 Labor Street	Tues	6:15 pm	On the courts
Chair Volleyball for adults	Lackland Terrace Park 7902 Westshire	Tues / Thurs	9:30 am	Inside Gill adult and senior center
Adult Tennis	McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19 <i>*Also open to adaptive players and Wounded Warriors *No class October 7</i>



TROOPS FOR FITNESS

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

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



TIPS FOR HAVING A HAPPY HEALTHY HALLOWEEN

FITNESS IN THE PARK
SPOTLIGHT
OCTOBER 2015



Holidays tend to get us out of our normal exercise routine and often lead to a change in our normal diet. With some careful preparation, you and your family can have a happy, healthy halloween!

1. Create fun healthy snacks like pumpkins made out of an orange and celery stick, spooky carrots with a low fat dip or banana ghosts. Get creative and have fun eating your new creations.
2. Don't skip your normal workout. Walking around the neighborhood trick or treating is a great fitness opportunity but should not replace your normal exercise routine.
3. Get your workout in early. Most halloween activities and gatherings take place in the evening. Wake up early and swing by a Fitness in the Park class so you'll have the evening to enjoy the festivities. Don't forget to wear your family friendly, exercise safe costume for your chance to win!



WEEKLY SCHEDULE

SEPTEMBER - OCTOBER 2015

Monday September 28	Tuesday September 29	Wednesday September 30	Thursday October 1	Friday October 2	Saturday October 3	Sunday October 4
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	8:30 am Fitness Walk Leon Creek Greenway	10:00 am Circuit Training Collins Garden Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	9:00 am Interval Training Veterans Memorial Park	Interval Training Hardberger Park West
Circuit Training Stone Oak Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Panther Springs Park	1:00 pm Table Tennis Mission Library	11:00 am Folklorico Granados Center	CrossFit McAllister Park	11:00 am Circuit Training Hardberger Park West
9:30 am Modified Tennis Granados Center	Chair Volleyball Lackland Terrace Park	10:00 am Low Impact Circuit Lackland Terrace Park	5:30 pm Circuit Training Bonnie Conner Park	Tai Chi Pan American Library	Zumba McAllister Park	11:30 am Family Fitness Frenzy Collins Garden Park
Boot Camp Hardberger Park West	Youth Tennis McFarlin Tennis Center	5:30 pm Family Fitness Frenzy LBJ Park	Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Pickleball LBJ Park	12:00 pm Family Fitness Hardberger Park West
10:00 am Low Impact Circuit Parman Library	Boot Camp Stone Oak Park	Circuit Training Labor Street Park	Boot Camp Southside Lions Park	Rotengo Jesse James Leija Gym	Hip Hop Dance Berta Almaguer Studio	
Social Walk Lackland Terrace Park	10:00 am Folklorico Berta Almaguer Studio	Family Fitness Miller's Pond	6:00 pm Cross Training Garza Park		9:30 am Boot Camp Hardberger Park East	
10:30 am Pickleball Granados Park	Low Impact Fitness Commander's House	6:00 pm Bailar es vivir Enrique Barrera FC	6:30 pm Circuit Training Woodlawn Lake Park		Stroller Strides Hardberger Park East	
4:00 pm Martial Arts Encino Library	11:00 am Ballet Exercise Berta Almaguer Studio	Cross Training Garza Park	Interval Training Bonnie Conner Park		10:00 am Zumba Rosedale Park	
4:30 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park	Cardio Kickboxing Walker Ranch Park	Zumba South Side Lions Park		Circuit Training McAllister Park	
5:00 pm Strength Cuellar Park	12:00 pm Circuit Training Travis Park	Adult Tennis McFarlin Tennis Center	7:00 pm Walk It Out Fitness Copernicus Park		10:30 am Chair Yoga Dorie Miller Park	
5:30 pm Interval Training Stone Oak Park	1:00 pm Table Tennis Mission Library	Cyclo-Cross LBJ Park	6:45 pm Zumba South Side Lions Park		Yoga Hardberger Park East	
Walking Group Woodlawn Lake Park	1:30 pm Low Impact Circuit La Villita	6:30 pm Boot Camp LBJ Park	7:30 pm Cross Fit Woodlawn Lake Park		11:00 am Zumba Walzem YMCA	
Family Fitness Enrique Barrera FC	2:00 pm Low Impact Circuit La Villita	Boot Camp Garza Park	8:00 pm Hip Hop Dance LBJ Park		Interval Training McAllister Park	
6:00 pm Conditioning Cuellar Park	5:30 pm Circuit Training Bonnie Conner Park	Zumba Jimmy Flores Park			Body Pump Rosedale Park	
Hula LBJ Park	6:00 pm Cross Training Garza Park	Zumba Cuellar Park			11:30 am Yoga Dorie Miller	
Bailar es vivir Enrique Barrera FC	Circuit Training Garza Park	Interval Training Ward Park			12:00 pm Body Combat Rosedale Park	
Circuit Training Collins Garden Park	Circuit Training Enrique Barrera FC	Conditioning Labor Street Park			1:00 pm Walk It Out Fitness Copernicus Park	
6:30 pm Piloxing South Side Lions Park	Cross Fit Highland Park	Body Combat Pittman-Sullivan Park			Line Dancing Berta Almaguer	
Self Defense Circuit Stone Oak Park	Zumba Arnold Park	Boot Camp Miller's Pond			Yoga Mission Library	
Boot Camp Garza Park	Tae Bo Copernicus Park	Volleyball Conditioning Copernicus Park			2:00 pm Cycling Circuit Mission Library	
Boot Camp Harlandale Park	Rotengo Labor Street Park	Interval Training Walker Ranch Park			Basketball Conditioning Arnold Park	
Boot Camp South San Park	Interval Training Bonnie Conner Park	7:00 pm Interval Training Walker Ranch Park			3:00 pm Basketball Conditioning Arnold Park	
Yoga Pan American Library	7:00 pm Interval Training Highland Park	7:15 pm Zumba Harlandale Park			3:30 pm Table Tennis Mission Library	
Circuit Training Woodlawn Lake Park	7:30 pm Boot Camp Palm Heights Park	7:30 pm Cross Fit Ward Park				
Basketball Conditioning Copernicus Park	P 90 X Live Nani Falcone Park	Youth Sports Cond Cuellar Park				
Zumba Cuellar Park						
6:45 pm Zumba Barrera Fitness Center						
7:00 pm Family Yoga Collins Garden Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday October 5	Tuesday October 6	Wednesday October 7	Thursday October 8	Friday October 9	Saturday October 10	Sunday October 11
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	8:30 am Fitness Walk Leon Creek Greenway	10:00 am Circuit Training Dignowity Park
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Tai Chi Pan American Library	9:00 am CrossFit McAllister Park	Interval Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	1:00 pm Table Tennis Mission Library	6:00 pm Zumba OP Schnabel Park	Zumba McAllister Park	11:00 am Circuit Training Hardberger Park West
9:30 am Modified Tennis Granados Center	Boot Camp Stone Oak Park	10:00 am Circuit Training Labor Street Park	5:30 pm Walking Group Woodlawn Lake Park	Rotengo Jesse James Leija Gym	Pickleball LBJ Park	11:30 am Family Fitness Frenzy Dignowity Park
Boot Camp Hardberger Park West	Low Impact Fitness Commander's House	Family Fitness Miller's Pond	6:00 pm Circuit Training Bonnie Conner Park	6:00 pm Cross Training Garza Park	Boot Camp Hardberger Park East	12:00 pm Family Fitness Hardberger Park West
10:00 am Low-Impact Circuit Parman Library	Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	6:00 pm Cardio Kickboxing Walker Ranch Park	10:00 am Zumba Rosedale Park	Kickboxing Brackenridge Park
Social Walk Lackland Terrace Park	Ballet Exercise Berta Almaguer Studio	6:30 pm Boot Camp LBJ Park	6:30 pm Circuit Training Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park	10:30 am Chair Yoga Dorie Miller Park	
10:30 am Pickleball Granados Park	Lunch Crunch Travis Park	6:30 pm Boot Camp Garza Park	6:45 pm Zumba South Side Lions Park	6:45 pm Zumba South Side Lions Park	Yoga Hardberger Park East	
4:00 pm Martial Arts Encino Library	12:00 pm Circuit Training Travis Park	Zumba Jimmy Flores Park	7:00 pm Walk It Out Fitness Copernicus Park	7:00 pm Walk It Out Fitness Copernicus Park	11:00 am Zumba Walzem YMCA	
4:30 pm Martial Arts Encino Library	1:00 pm Table Tennis Mission Library	Zumba OP Schnabel Park	7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Interval Training McAllister Park	
5:00 pm Strength Cuellar Park	5:00 pm Circuit Training Heritage Duck Pond	Interval Training Ward Park	7:30 pm Boot Camp Palm Heights Park	7:30 pm Boot Camp Palm Heights Park	Body Pump Rosedale Park	
5:30 pm Interval Training Stone Oak Park	5:30 pm Circuit Training Bonnie Conner Park	Body Combat Pittman-Sullivan Park	8:00 pm Hip Hop Dance LBJ Park	8:00 pm Hip Hop Dance LBJ Park	Yoga Dorie Miller	
Walking Group Woodlawn Lake Park	6:00 pm Cross Training Garza Park	7:00 pm Interval Training Walker Ranch Park			11:30 am Yoga Dorie Miller	
Family Fitness Perez Park	6:00 pm Circuit Training Enrique Barrera FC	7:00 pm Interval Training Walker Ranch Park			12:00 pm Body Combat Rosedale Park	
6:00 pm Conditioning Cuellar Park	6:15 pm Rotengo Labor Street Park	7:15 pm Zumba Harlandale Park			1:00 pm Walk It Out Fitness Copernicus Park	
Hula LBJ Park	6:30 pm Interval Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park			Line Dancing Berta Almaguer	
Bailar es vivir Enrique Barrera FC	Social Walking Villa Coronado Park	7:30 pm CrossFit Ward Park			Yoga Mission Library	
Circuit Training Collins Garden Park	7:00 pm Interval Training Highland Park				2:00 pm Cycling Circuit Mission Library	
6:30 pm Piloxing South Side Lions Park	7:00 pm Cardio Kickboxing Heritage Duck Pond				Basketball Conditioning Arnold Park	
Self Defense Circuit Stone Oak Park	7:30 pm Boot Camp Palm Heights Park				3:00 pm Basketball Conditioning Arnold Park	
Boot Camp Garza Park					3:30 pm Table Tennis Mission Library	
Boot Camp Harlandale Park						
Boot Camp South San Park						
Yoga Pan American Library						
Basketball Conditioning Copernicus Park						
Circuit Training Woodlawn Lake Park						
Social Walking Villa Coronado Park						
Zumba OP Schnabel Park						
Core Training Perez Park						
6:45 pm Zumba Barrera Fitness Center						
7:00 pm Family Yoga Collins Garden Park						
Core Training Perez Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	8:30 am Fitness Walk Leon Creek Greenway	10:00 am Circuit Training Collins Garden Park
6:00 am Interval Training Walker Ranch Park	Low Impact Circuit Lions Field Park	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	9:00 am Interval Training Veterans Memorial Park	Interval Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Folklorico Granados Center	Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
Circuit Training Stone Oak Park	Boot Camp Stone Oak Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Tai Chi Pan American Library	Zumba McAllister Park	11:30 am Family Fitness Frenzy Collins Garden Park
9:30 am Modified Tennis Granados Center	10:00 am Low Impact Fitness Commander's House	Circuit Training Labor Street Park	Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Hip Hop Dance Berta Almaguer Studio	12:00 pm Family Fitness Hardberger Park West
Boot Camp Hardberger Park West	Folklorico Berta Almaguer Studio	Family Fitness Miller's Pond	Boot Camp Southside Lions Park	Rotengo Jesse James Leija Gym	Cross Fit McAllister Park	
10:00 am Low-Impact Circuit Parman Library	11:00 am Ballet Exercise Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	Cross Training Garza Park		9:30 am Boot Camp Hardberger Park East	
Social Walk Lackland Terrace Park	Lunch Crunch Travis Park	Cross Training Garza Park	Cardio Kickboxing Walker Ranch Park		10:00 am Zumba Rosedale Park	
10:30 am Pickleball Granados Park	Circuit Training Travis Park	Adult Tennis McFarlin Tennis Center	Interval Training Bonnie Conner Park		Circuit Training McAllister Park	
4:00 pm Martial Arts Encino Library	1:00 pm Table Tennis Mission Library	6:30 pm Boot Camp LBJ Park	6:00 pm Cross Training Garza Park		10:30 am Chair Yoga Dorie Miller Park	
4:30 pm Martial Arts Encino Library	Circuit Training Heritage Duck Pond	Boot Camp Garza Park	6:30 pm Circuit Training Woodlawn Lake Park		Yoga Hardberger Park East	
5:00 pm Strength Cuellar Park	5:30 pm Circuit Training Bonnie Conner Park	Boot Camp Jimmy Flores Park	Interval Training Bonnie Conner Park		11:00 am Zumba Walzem YMCA	
5:30 pm Interval Training Stone Oak Park	6:00 pm Cross Training Garza Park	Zumba OP Schnabel Park	6:45 pm Zumba South Side Lions Park		Body Pump Rosedale Park	
6:00 pm Conditioning Cuellar Park	Circuit Training Enrique Barrera FC	Interval Training Ward Park	7:00 pm Walk It Out Fitness Copernicus Park		Interval Training McAllister Park	
Hula LBJ Park	Cross Fit Highland Park	Conditioning Labor Street Park	7:30 pm Cross Fit Woodlawn Lake Park		11:30 am Yoga Dorie Miller	
Bailar es vivir Enrique Barrera FC	Zumba Arnold Park	Body Combat Pittman-Sullivan Park	7:30 pm Boot Camp Palm Heights Park		12:00 pm Body Combat Rosedale Park	
Circuit Training Collins Garden Park	Tae Bo Copernicus Park	Volleyball Conditioning Copernicus Park	8:00 pm Hip Hop Dance LBJ Park		1:00 pm Walk It Out Fitness Copernicus Park	
6:30 pm Piloxing South Side Lions Park	CrossFit Heritage Duck Pond	Boot Camp Miller's Pond			Line Dancing Berta Almaguer	
Self Defense Circuit Stone Oak Park	6:15 pm Rotengo Labor Street Park	Interval Training Walker Ranch Park			Yoga Mission Library	
Boot Camp Garza Park	6:30 pm Interval Training Bonnie Conner Park	Youth Sports Cond Cuellar Park			2:00 pm Cycling Circuit Mission Library	
Boot Camp Harlandale Park	Social Walking Villa Coronado Park	7:00 pm Zumba Harlandale Park			Basketball Conditioning Arnold Park	
Boot Camp South San Park	Interval Training Highland Park	7:15 pm Zumba Harlandale Park			3:00 pm Basketball Conditioning Arnold Park	
Yoga Pan American Library	7:00 pm Cardio Kickboxing Heritage Duck Pond	7:30 pm Cross Fit Ward Park			3:30 pm Table Tennis Mission Library	
Basketball Conditioning Copernicus Park	7:30 pm Boot Camp Palm Heights Park					
Circuit Training Woodlawn Lake Park						
Social Walking Villa Coronado Park						
Zumba OP Schnabel Park						
6:45 pm Zumba Barrera Fitness Center						
7:00 pm Family Yoga Collins Garden Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23	Saturday October 24	Sunday October 25
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	8:30 am Community Walk Pittman-Sullivan Park	10:00 am Circuit Training Dignowity Park
6:00 am Interval Training Walker Ranch Park	Low Impact Circuit Lions Field Park	Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	Fitness Walk Leon Creek Greenway	Interval Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	9:00 am Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
Circuit Training Stone Oak Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	Folklorico Granados Center	Zumba McAllister Park	11:30 am Family Fitness Frenzy Dignowity Park
9:30 am Modified Tennis Granados Center	Boot Camp Stone Oak Park	Circuit Training Labor Street Park	Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Hip Hop Dance Berta Almaguer Studio	12:00 pm Family Fitness Hardberger Park West
Boot Camp Hardberger Park West	10:00 am Low Impact Fitness Commander's House	Family Fitness Miller's Pond	6:00 pm Boot Camp Southside Lions Park	Rotengo Jesse James Leija Gym	Cross Fit McAllister Park	
10:00 am Low Impact Circuit Parman Library	Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	Cross Training Garza Park	Interval Training Veterans Memorial Park	9:30 am Boot Camp Hardberger Park East	
Social Walk Lackland Terrace Park	11:00 am Ballet Exercise Berta Almaguer Studio	Cardio Kickboxing Walker Ranch Park	Adult Tennis McFarlin Tennis Center	10:00 am Zumba Rosedale Park	10:00 am Circuit Training McAllister Park	
10:30 am Pickleball Granados Park	11:30 am Lunch Crunch Travis Park	6:30 pm Boot Camp Garza Park	6:30 pm Circuit Training Woodlawn Lake Park	10:30 am Yoga Hardberger Park East	Chair Yoga Dorie Miller Park	
4:00 pm Martial Arts Encino Library	12:00 pm Circuit Training Travis Park	Zumba Jimmy Flores Park	Interval Training Bonnie Conner Park	11:00 am Zumba Walzem YMCA	Body Pump Rosedale Park	
4:30 pm Martial Arts Encino Library	1:00 pm Table Tennis Mission Library	Zumba OP Schnabel Park	Zumba South Side Lions Park	11:00 am Interval Training McAllister Park	Yoga Dorie Miller	
5:00 pm Strength Cuellar Park	5:00 pm Circuit Training Heritage Duck Pond	Boot Camp LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park	11:30 am Yoga	12:00 pm Body Combat Rosedale Park	
5:30 pm Interval Training Stone Oak Park	5:30 pm Circuit Training Bonnie Conner Park	Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park	1:00 pm Walk It Out Fitness Copernicus Park	Line Dancing Berta Almaguer	
Walking Group Woodlawn Lake Park	6:00 pm Cross Training Garza Park	Body Combat Pittman-Sullivan Park	7:30 pm Boot Camp Palm Heights Park	2:00 pm Cycling Circuit Mission Library	Yoga Mission Library	
Family Fitness Perez Park	6:00 pm Cross Fit Highland Park	Conditioning Labor Street Park	8:00 pm Hip Hop Dance LBJ Park	Basketball Conditioning Arnold Park	3:00 pm Basketball Conditioning Arnold Park	
Conditioning Cuellar Park	Circuit Training Enrique Barrera FC	Volleyball Conditioning Copernicus Park		3:30 pm Table Tennis Mission Library		
Hula LBJ Park	Zumba Arnold Park	Boot Camp Miller's Pond				
Bailar es vivir Enrique Barrera FC	Tae Bo Copernicus Park	Interval Training Walker Ranch Park				
Circuit Training Collins Garden Park	CrossFit Heritage Duck Pond	Youth Sports Cond Cuellar Park				
6:30 pm Piloxing South Side Lions Park	6:15 pm Rotengo Labor Street Park	7:00 pm Circuit Training Walker Ranch Park				
Self Defense Circuit Stone Oak Park	6:30 pm Interval Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park				
Boot Camp Garza Park	Social Walking Villa Coronado Park	7:30 pm Cross Fit Ward Park				
Boot Camp Harlandale Park	7:00 pm Interval Training Highland Park					
Boot Camp South San Park	Cardio Kickboxing Heritage Duck Pond					
Yoga Pan American Library	7:30 pm Boot Camp Palm Heights Park					
Circuit Training Woodlawn Lake Park						
Zumba OP Schnabel Park						
Basketball Conditioning Copernicus Park						
Social Walking Villa Coronado Park						
Core Training Perez Park						
6:45 pm Zumba Barrera Fitness Center						
7:00 pm Family Yoga Collins Garden Park						
Core Training Perez Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday October 26	Tuesday October 27	Wednesday October 28	Thursday October 29	Friday October 30	Saturday October 31	Sunday November 1
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	8:30 am Fitness Walk Leon Creek Greenway	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	Low Impact Circuit Lions Field	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Tai Chi Pan American Library	9:00 am Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	6:00 pm Zumba OP Schnabel Park	Zumba McAllister Park	12:00 pm Family Fitness Hardberger Park West
Circuit Training Stone Oak Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Rotengo Jesse James Leija Gym	Hip Hop Dance Berta Almaguer Studio	
9:30 am Modified Tennis Granados Center	Boot Camp Stone Oak Park	Circuit Training Labor Street Park	Walking Group Woodlawn Lake Park		Cross Fit McAllister Park	
Boot Camp Hardberger Park West	10:00 am Folklorico Berta Almaguer Studio	Family Fitness Miller's Pond	Boot Camp Southside Lions Park		Interval Training Veterans Memorial Park	
10:00 am Low-Impact Circuit Parman Library	Low Impact Fitness Commander's House	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park		9:30 am Boot Camp Hardberger Park East	
Social Walk Lackland Terrace Park	11:00 am Ballet Exercise Berta Almaguer Studio	Cross Training Garza Park	Cardio Kickboxing Walker Ranch Park		10:00 am Zumba Rosedale Park	
10:30 am Pickleball Granados Park	11:30 am Lunch Crunch Travis Park	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park		Circuit Training McAllister Park	
4:00 pm Martial Arts Encino Library	12:00 pm Circuit Training Travis Park	6:30 pm Boot Camp LBJ Park	Interval Training Bonnie Conner Park		10:30 am Yoga Hardberger Park East	
4:30 pm Martial Arts Encino Library	1:00 pm Table Tennis Mission Library	Boot Camp Garza Park	6:45 pm Zumba South Side Lions Park		Chair Yoga Dorie Miller Park	
5:00 pm Strength Cuellar Park	5:00 pm Circuit Training Heritage Duck Pond	Zumba Jimmy Flores Park	7:00 pm Walk It Out Fitness Copernicus Park		11:00 am Zumba Walzem YMCA	
5:30 pm Interval Training Stone Oak Park	5:30 pm Circuit Training Bonnie Conner Park	Zumba OP Schnabel Park	7:30 pm Cross Fit Woodlawn Lake Park		Body Pump Rosedale Park	
Walking Group Woodlawn Lake Park	6:00 pm Cross Training Garza Park	Interval Training Ward Park	Boot Camp Palm Heights Park		Interval Training McAllister Park	
Family Fitness Perez Park	Circuit Training Enrique Barrera FC	Conditioning Labor Street Park	8:00 pm Hip Hop Dance LBJ Park		11:30 am Yoga Dorie Miller	
6:00 pm Conditioning Cuellar Park	6:30 pm Social Walking Villa Coronado Park	Body Combat Pittman-Sullivan Park			12:00 pm Body Combat Rosedale Park	
Hula LBJ Park	6:30 pm Social Walking Villa Coronado Park	Volleyball Conditioning Copernicus Park			1:00 pm Walk It Out Fitness Copernicus Park	
Bailar es vivir Enrique Barrera FC	6:30 pm Social Walking Villa Coronado Park	Boot Camp Miller's Pond			7:00 pm Line Dancing Berta Almaguer	
Circuit Training Collins Garden Park	6:30 pm Social Walking Villa Coronado Park	7:00 pm Interval Training Walker Ranch Park			Yoga Mission Library	
6:30 pm Piloxing South Side Lions Park	6:30 pm Social Walking Villa Coronado Park	Youth Sports Cond Cuellar Park			2:00 pm Cycling Circuit Mission Library	
Self Defense Circuit Stone Oak Park	6:30 pm Social Walking Villa Coronado Park	7:00 pm Interval Training Walker Ranch Park			Basketball Conditioning Arnold Park	
Boot Camp Garza Park	6:30 pm Social Walking Villa Coronado Park	7:15 pm Zumba Harlandale Park			3:00 pm Basketball Conditioning Arnold Park	
Boot Camp Harlandale Park	6:30 pm Social Walking Villa Coronado Park	7:30 pm Cross Fit Ward Park			3:30 pm Table Tennis Mission Library	
Boot Camp South San Park	6:30 pm Social Walking Villa Coronado Park					
Yoga Pan American Library	6:30 pm Social Walking Villa Coronado Park					
Circuit Training Woodlawn Lake Park	6:30 pm Social Walking Villa Coronado Park					
Zumba OP Schnabel Park	6:30 pm Social Walking Villa Coronado Park					
Basketball Conditioning Copernicus Park	6:30 pm Social Walking Villa Coronado Park					
Social Walking Villa Coronado Park	6:30 pm Social Walking Villa Coronado Park					
Core Training Perez Park	6:30 pm Social Walking Villa Coronado Park					
6:45 pm Zumba Barrera Fitness Center	6:30 pm Social Walking Villa Coronado Park					
7:00 pm Family Yoga Collins Garden Park	6:30 pm Social Walking Villa Coronado Park					
Core Training Perez Park	6:30 pm Social Walking Villa Coronado Park					
7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Social Walking Villa Coronado Park					
Cross Fit Harlandale Park	6:30 pm Social Walking Villa Coronado Park					
Boot Camp Palm Heights Park	6:30 pm Social Walking Villa Coronado Park					
Boot Camp Palm Heights Park	6:30 pm Social Walking Villa Coronado Park					
	7:00 pm Interval Training Highland Park					
	Cardio Kickboxing Heritage Duck Pond					
	7:30 pm Boot Camp Palm Heights Park					
	P 90 X Live Nani Falcone Park					