



Fitness in the park

January 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.



@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 *No class Jan 18
Adult Boot Camp	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale community center *No class Jan 18
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 *No class Jan 18
Boot Camp hosted by Christ Fit Fusion	Lions Field 2809 Broadway	Sat	9:00 am	At the outdoor fitness stations
Boot Camp hosted by Christ Fit Fusion	Hardberger Park West 8400 NW Military	Sat	11:00 am	At the basketball courts
Boot Camp	South Side Lions Park 3100 Hiawatha	Thurs	5:30 pm	At the community center
Boot Camp	Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside the library conference room *No class Jan 2
Boot Camp	Palm Heights 1201 W. Malone	Tues & Wed	7:30 pm	At the outdoor fitness stations
Boot Camp	Palm Heights 1201 W. Malone	Sat	2:30 pm	At the outdoor fitness stations
Boot Camp	Palm Heights 1201 W. Malone	Fri	5:30 pm	At the outdoor fitness stations
Boot Camp	Normoyle Park 700 Culberson	Thurs	6:00 pm	Inside Normoyle 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 Enrique M. Barrera Parkway</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 Igo library
Adult Circuit Training	Labor Street Park <i>436 Labor Street</i>	Wed	5:30 pm	At the outdoor fitness stations
Adult Circuit Training	Woodlawn Lake Park <i>1103 Cincinnati</i>	Mon / Thurs	6:30 pm	At the Community Health & Wellness Center (Gym) *No class Jan 18
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 *No class Jan 18
Adult Circuit Training (30 minutes)	Walker Ranch Park <i>12603 West Ave.</i>	Mon	5:15 am	Next to the pavilion *No class Jan 18
Adult Circuit Training	Hardberger Park West <i>8400 NW Military Hwy</i>	Sun	11:00 am	Next to the basketball courts *No class Jan 17
Adult Circuit Training	Mission Library <i>3134 Roosevelt</i>	Sat	2:00 pm	Inside Mission Library

Circuit Training, Cross Training and More



Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	Heritage Duck Pond <i>900 S. Ellison</i>	Tues	5:00 pm	Next to the playground
Adult Circuit Training	Collins Garden Park <i>1525 Nogalitos</i>	Mon	6:00 pm	At the outdoor fitness stations *No class Jan 18
Low Impact Circuit Training	Collins Garden Park <i>1525 Nogalitos</i>	Mon	7:00 pm	At the outdoor fitness stations *No class Jan 18
Low Impact Circuit Training	Encino Library <i>2515 East Evans Rd.</i>	Sat	10:00 am	Inside the library conference room *No class Jan 2
Low-Impact Circuit Training	Parman Library <i>20735 Wilderness Oak</i>	Mon	10:00 am	In the conference room *No class Jan 18
Low-Impact Circuit Training	Lackland Terrace Park <i>7902 Westshire</i>	Wed	10:00 am	Inside Gill Community Center
Low Impact Circuit Training	West End Park <i>1401 N Hamilton</i>	Mon	9:00 am	Next to Frank Garrett Center *No class Jan 18
Cross Training	Garza Park <i>1450 Mira Vista</i>	Tues / Wed / Thurs	6:00 pm	Inside Garza community center
Core Training (30 min)	Perez Park <i>8601 Timber Path</i>	Mon	6:30 pm	Next to the playground *No class Jan 18
Core Training (30 min)	Perez Park <i>8601 Timber Path</i>	Mon	7:00 pm	Next to the playground *No class Jan 18
Core Training (60 minutes)	Cuellar Park <i>5626 San Fernando</i>	Fri	5:00 pm	Inside Cuellar Community Center *No class Jan 1



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 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 *No class Jan 17
Interval Training	McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion *No class Jan 18
Functional Fitness Fusion Interval Training	Veteran's Memorial Park 3864 Cibolo Valley Drive, Cibolo, TX	Sat	9:00 am	Meet in the park

Mobile Fit SA

Mobile Fit SA is a free health and wellness van that travels around town offering free health screenings, motion gaming and fitness classes. Do you have a health and wellness event coming up for your school, job or community organization? Reserve the Mobile Fit for free at www.SanAntonio.gov/parksandrec



Family Fitness Frenzy

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

Class Name	Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	LBJ Park 10700 Nacogdoches	Wed	5:30 pm	Inside Lou Hamilton community center
Family Fitness Frenzy	Perez Park 8601 Timber Path	Mon	5:30 pm	Next to the playground *No class Jan 18
Family Fitness Frenzy	Enrique Barrera Community Fitness Center 5800 Enrique Barrera Parkway	Wed	5:30 pm	Inside Enrique Barrera Community Fitness Center



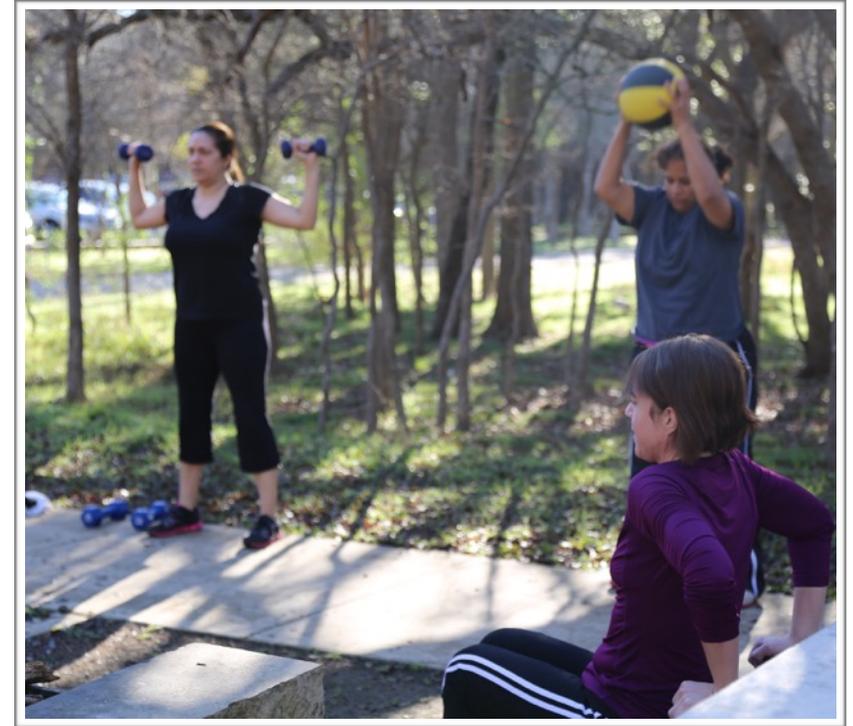
Strength and Conditioning

Class Name	Location	Day(s)	Time	Meeting Place
ELITE Strength & Conditioning (Strength)	Cuellar Park 5626 San Fernando	Mon	5:00 pm	Inside Cuellar Community Center *No class Jan 18
ELITE Strength & Conditioning (Conditioning)	Cuellar Park 5626 San Fernando	Mon	6:00 pm	Inside Cuellar Community Center *No class Jan 18
ELITE Strength & Conditioning (Conditioning)	Labor Street Park 436 Labor Street	Wed	6:30 pm	At the outdoor fitness stations
Beginners Weight Training (Strength)	Cuellar Park 5626 San Fernando	Fri	6:00 pm	Inside Cuellar Community Center *No class Jan 1

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 *No class Jan 18
Cross Fit	McAllister Park 13102 Jones Maltsberger	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) *No class Jan 18
Cross Fit	Heritage Duck Pond 900 S. Ellison	Tues	6:00 pm	Next to the playground
Cross Fit	West End Park 1401 N Hamilton	Mon	10:00 am	Next to Frank Garret Center *No class Jan 18
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field
Cross Fit for Adults	Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field
Cross Fit	Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground
Cross Fit hosted by Mission Cross Fit	Olmos Basin Park 651 Devine	Sat, Jan 16	9:00 am	Meet at soccer field #1





Yoga and 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.	Sun	11:00 am	Inside the library
Yoga	Cuellar Park 5626 San Fernando	Tues	5:00 pm	Meet inside Cuellar Community Center
Yoga	LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Meet inside Hamilton Community Center
Family Friendly Yoga	Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom
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 *No class Jan 1
Stretching and Recovery	Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts *No class Jan 17
Meditation	Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center *No class Jan 30

Class Name	Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans	Normoyle Park 700 Culberson	Mon/Wed	6:30 pm	Meet inside Normoyle Community Center *No class Jan 18
Zumba	Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale Community Center
Zumba	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	Turkey Roost pavilion
Zumba	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon/ Wed	6:45 pm	At the fitness center *No class Jan 18
Zumba	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	At the South Side Lions 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 YMCA at OP Schnabel Park	OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Inside the YMCA at OP Schnabel Park *No class Jan 1
Zumba	Normoyle Park 700 Culberson	Thurs	7:00 pm	Meet inside Normoyle Community Center

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 <i>138 S. Josephine</i>	Sat	9:00 am	Inside the dance studio * Ages 11 to Adult
Adult Hip Hop Dance	LBJ Park <i>10700 Nacogdoches</i>	Thurs	8:00 pm	Inside Lou Hamilton Community Center *Ages 18+
Hula Dancing	LBJ Park <i>10700 Nacogdoches</i>	Mon	6:00 pm	Inside Lou Hamilton Community Center *No class Jan 18
Adult Line Dancing	Lackland Terrace Park <i>7902 Westshire</i>	Fri	10:00 am	Inside Gill Community Center *No class Jan 1
Adult Line Dancing	Granados Park <i>500 Freiling</i>	Fri	10:00 am	Inside Granados Adult & Senior Center *No class Jan 1
Line Dancing	Berta Almaguer Dance Studio <i>138 S. Josephine</i>	Sat	1:00 pm	Inside the dance studio
Bailar Es Vivir (A mix of dance styles)	Enrique Barrera Fitness Center <i>5800 Enrique M. Barrera Parkway</i>	Mon/Wed	6:00 pm	Inside Enrique Barrera fitness center *Class is taught in Spanish *No class Jan 18
Intro to Folklorico Dance (Teens and Adults)	Berta Almaguer Dance Studio <i>138 S. Josephine</i>	Tues	10:00 am	Inside the dance studio
Intro to Folklorico Dance for adults	Granados Park <i>500 Freiling</i>	Fri	11:00 am	Inside Granados Adult & Senior Center *No class Jan 1
Intro to Ballet Exercise (Teens and Adults)	Berta Almaguer Dance Studio <i>138 S. Josephine</i>	Tues	11:00 am	Inside the dance studio
Belly Dancing	Lions Field Senior Center <i>2809 Broadway</i>	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Belly Dancing	Berta Almaguer Dance Studio <i>138 S. Josephine</i>	Sat	9:00 am	Inside the dance studio

More Cardio

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

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

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

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

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

Martial Arts is a great way to improve your balance, strength, flexibility and overall conditioning. This 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.



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	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 *No class Jan 18
Family Martial Arts	Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside the library conference room *Limit of 30 participants per session *No class Jan 2
Family Martial Arts	Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside the library conference room *Limit of 30 participants per session *No class Jan 2
Tae Bo	Copernicus Park 5003 Lord Rd	Tues	6:00 pm	Inside Copernicus Community Center
Tae Bo	Copernicus Park 5003 Lord Rd	Thurs	6:00 pm	Inside Copernicus Community Center *No class Jan 14 or 28

Walking Groups

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

Class Name	Location	Day(s)	Time	Meeting Place
Social Walk	Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center *No class Jan 18
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) *No class Jan 18
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
Community Walk	Pittman-Sullivan Park 1213 Iowa	Sat, Jan 23	8:30 am	At the Davis-Scott YMCA entrance
Salud Al Pasito	Cuellar Park 5626 San Fernando	Sat, Jan 30	9:00 am - 1:00 pm	At Cuellar 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 at Cuellar Community Center *Ages 14 to 18 *No class Jan 27
Youth and Adult Basketball Conditioning	Copernicus Park 5003 Lord	Mon	7:00 pm	Inside the gym at Copernicus Community Center *No class Jan 18
Youth Volleyball Conditioning	Copernicus Park 5003 Lord	Wed	6:30 pm	Inside the gym at Copernicus Community Center
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside the gym at Ramirez Community Center *Middle School Ages
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside the gym at Ramirez Community Center *High School Ages
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>

Mom, Pop & Tot

Mom, Pop & Tot Fitness is a unique fitness experience 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!

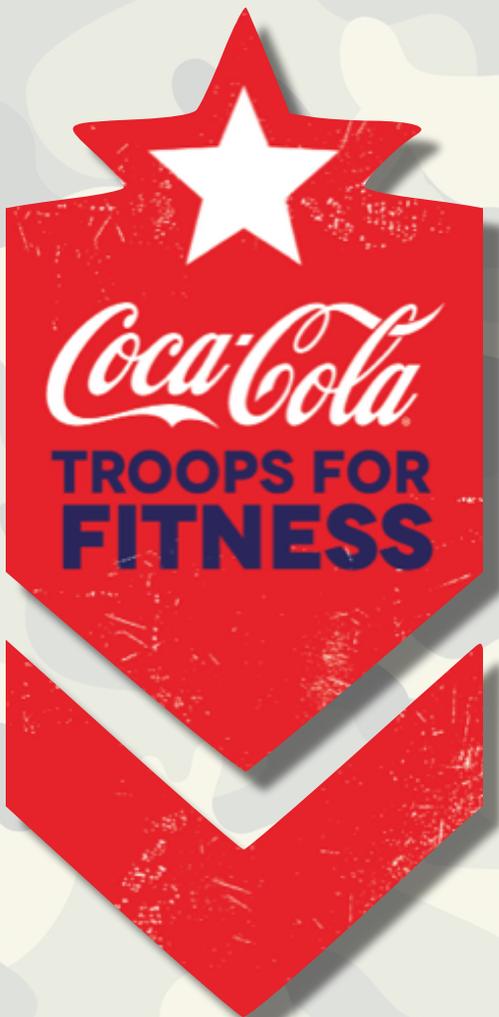
Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Sat, Jan 2	9:30 am	Picnic tables *For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

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! 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 *No class Jan 18
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 *No class Jan 18
RoTenGo	Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Upstairs gym *No class Jan 1
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



Troops for Fitness

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

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



New Year, New You

Are you struggling with making a New Years resolution that you can keep? Here are some tips to help you develop a S.M.A.R.T. resolution this year.

- 1) Be **SPECIFIC**. It's not enough to say "I want to improve my health this year". How can you measure success? Think about putting values to your goals such as "I want to attend 7 Fitness in the Park classes a week" or "I want to finish my first 5K run on June 11th at the Fit Pass 2016 Kickoff".
- 2) Make it **MEANINGFUL**. Is this goal really important to you? The more meaningful the goal is to you, the more likely you will make the necessary sacrifices to achieve your goal.
- 3) Ensure your resolution is **ACTION ORIENTED**. Having a goal is great but what steps will you take to achieve your goal? Make a plan that fits your lifestyle and stick to it.
- 4) Make sure your goal is **REALISTIC**. You want your resolution to be challenging but achievable.
- 5) Give yourself **TIME** to reach your goal. "I want to finish my first 5K on June 11th" works much better than "I want to finish my first 5K".

Fitness in the Park *Spotlight* January 2016



Weekly Schedule

December 2015 - January 2016

Monday December 28	Tuesday December 29	Wednesday December 30	Thursday December 31	Friday January 1	Saturday January 2	Sunday January 3
<p>5:15 am Circuit Training Walker Ranch Park</p> <p>6:00 am Interval Training Walker Ranch Park</p> <p>8:30 am Circuit Training Panther Springs Park</p> <p>Circuit Training Stone Oak Park</p> <p>9:30 am Modified Tennis Granados Center</p> <p>10:00 am Low-Impact Circuit Parman Library</p> <p>Social Walk Lackland Terrace Park</p> <p>10:30 am Pickleball Granados Park</p> <p>4:00 pm Martial Arts Encino Library</p> <p>4:30 pm Martial Arts Encino Library</p> <p>5:00 pm Strength Cuellar Park</p> <p>Low Impact Circuit Encino Library</p> <p>5:30 pm Walking Group Woodlawn Lake Park</p> <p>6:00 pm Conditioning Cuellar Park</p> <p>Bailar es vivir Enrique Barrera FC</p> <p>Circuit Training Collins Garden Park</p> <p>Boot Camp Encino Library</p> <p>6:30 pm Boot Camp Harlandale Park</p> <p>Boot Camp South San Park</p> <p>Circuit Training Woodlawn Lake Park</p> <p>7:00 pm Low Impact Circuit Collins Garden Park</p> <p>7:30 pm Cross Fit Woodlawn Lake Park</p> <p>Cross Fit Harlandale Park</p>	<p>8:30 am Low Impact Circuit Lions Field</p> <p>9:30 am Stroller Strides Hardberger Park East</p> <p>Chair Volleyball Lackland Terrace Park</p> <p>10:00 am Low Impact Fitness Commander's House</p> <p>11:30 am Lunch Crunch Travis Park</p> <p>12:00 pm Circuit Training Travis Park</p> <p>1:00 pm Table Tennis Mission Library</p> <p>5:00 pm Circuit Training Heritage Duck Pond</p> <p>5:30 pm Circuit Training Bonnie Conner Park</p> <p>6:00 pm Circuit Training Enrique Barrera FC</p> <p>Cross Fit Highland Park</p> <p>CrossFit Heritage Duck Pond</p> <p>6:30 pm Interval Training Bonnie Conner Park</p> <p>7:00 pm Interval Training Highland Park</p> <p>Cardio Kickboxing Heritage Duck Pond</p>	<p>8:30 am Circuit Training Panther Springs Park</p> <p>Circuit Training Lou Kardon Park</p> <p>6:00 pm Bailar es vivir Enrique Barrera FC</p> <p>Cardio Kickboxing Walker Ranch Park</p> <p>6:30 pm Interval Training Ward Park</p> <p>Body Combat Pittman-Sullivan Park</p> <p>7:00 pm Interval Training Walker Ranch Park</p> <p>7:15 pm Zumba Harlandale Park</p> <p>7:30 pm Cross Fit Ward Park</p>	<p><u>Holiday Buster</u></p> <p>Get creative and develop your own Holiday Buster. Submit the workout on Facebook and Twitter to share with your post-workout photo.</p>	<p><u>Holiday Buster</u></p> <p>Start off the New Year on the right foot with a full body workout. Visit one of San Antonio Parks and Recreation's outdoor fitness stations. Get more details on page 16 (Spotlight).</p>	<p>9:00 am Pickleball LBJ Park</p> <p>Zumba McAllister Park</p> <p>Hip Hop Dance Berta Almaguer Studio</p> <p>Cross Fit McAllister Park</p> <p>Interval Training Veterans Memorial Park</p> <p>Boot Camp Lions Field</p> <p>9:30 am Stroller Strides Hardberger Park East</p> <p>10:00 am Zumba Rosedale Park</p> <p>Circuit Training McAllister Park</p> <p>Cross Fit Monterrey Park</p> <p>11:00 am Zumba Walzem YMCA</p> <p>Body Pump Rosedale Park</p> <p>Interval Training McAllister Park</p> <p>Boot Camp Hardberger Park West</p> <p>12:00 pm Body Combat Rosedale Park</p> <p>1:00 pm Walk It Out Fitness Copernicus Park</p> <p>Line Dancing Berta Almaguer</p> <p>2:00 pm Basketball Conditioning Arnold Park</p> <p>2:30 pm Boot Camp Palm Heights Park</p> <p>3:00 pm Basketball Conditioning Arnold Park</p> <p>3:30 pm Table Tennis Mission Library</p> <p>4:00 pm Meditation Hardberger Park West</p>	<p>10:00 am Interval Training Hardberger Park West</p> <p>11:00 am Circuit Training Hardberger Park West</p> <p>Yoga Pan American Library</p> <p>12:00 pm Stretching Hardberger Park West</p>

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

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

Monday January 18	Tuesday January 19	Wednesday January 20	Thursday January 21	Friday January 22	Saturday January 23	Sunday January 24
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Holiday Buster

Join the MLK March. The March is 2.75 miles along Martin Luther King Drive. The section from MLK Jr. Academy to Pittman Sullivan Park will be closed to motorized transportation. The walk starts at 10:00 am and continues until approximately 12:00 pm.

	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	10:00 am Line Dancing Lackland Terrace Park	8:30 am Community Walk Pittman-Sullivan Park	10:00 am Interval Training Hardberger Park West
	9:30 am Stroller Strides Hardberger Park East	10:00 am Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Line Dancing Granados Center	9:00 am Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
	10:00 am Chair Volleyball Lackland Terrace Park	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 Zumba McAllister Park	11:00 am Yoga Pan American Library
	10:00 am Folklorico Berta Almaguer Studio	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	11:00 am Folklorico Granados Center	9:00 am Hip Hop Dance Berta Almaguer Studio	12:00 pm Stretching Hardberger Park West
	11:00 am Ballet Exercise Berta Almaguer Studio	5:30 pm Circuit Training Labor Street Park	5:30 pm Circuit Training Bonnie Conner Park	5:00 pm Core Training Cuellar Park	9:00 am Cross Fit McAllister Park	
	1:00 pm Table Tennis Mission Library	6:00 pm Family Fitness Frenzy Enrique Barrera FC	6:00 pm Boot Camp Southside Lions Park	5:30 pm Core Training Cuellar Park	9:00 am Interval Training Veterans Memorial Park	
	5:00 pm Circuit Training Heritage Duck Pond	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	5:30 pm Boot Camp Palm Heights Park	9:00 am Boot Camp Lions Field	
	5:00 pm Yoga Cuellar Park	6:00 pm Cross Training Garza Park	6:00 pm Cardio Kickboxing Walker Ranch Park	6:00 pm Zumba OP Schnabel Park	10:00 am Zumba Rosedale Park	
	5:30 pm Kids Cross Fit Rainbow Hills Park	6:00 pm Circuit Training Bonnie Conner Park	6:00 pm Adult Tennis McFarlin Tennis Center	6:00 pm Rotengo Jesse James Leija Gym	10:00 am Circuit Training McAllister Park	
	5:30 pm Circuit Training Bonnie Conner Park	6:30 pm Yoga LBJ Park	6:30 pm Interval Training Bonnie Conner Park	6:00 pm Beg. Weight Training Cuellar Park	10:00 am Cross Fit Monterrey Park	
	6:00 pm Belly Dancing Lions Field	6:30 pm Boot Camp LBJ Park	6:30 pm Interval Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	10:00 am Low Impact Circuit Encino Library	
	6:00 pm Cross Training Garza Park	6:45 pm Boot Camp Garza Park	6:45 pm Interval Training Bonnie Conner Park	6:00 pm Rotengo Jesse James Leija Gym	10:30 am Chair Yoga Dorie Miller Park	
	6:00 pm Circuit Training Enrique Barrera FC	7:00 pm Zumba Jimmy Flores Park	7:00 pm Zumba South Side Lions Park	6:30 pm Circuit Training Woodlawn Lake Park	11:00 am Zumba Walzem YMCA	
	6:00 pm Cross Fit Highland Park	7:00 pm Zumba Normoyle Park	7:00 pm Walk It Out Fitness Copernicus Park	6:30 pm Interval Training Woodlawn Lake Park	11:00 am Body Pump Rosedale Park	
	6:00 pm Zumba Arnold Park	7:00 pm Conditioning Labor Street Park	7:00 pm Zumba Copernicus Park	6:30 pm Interval Training Woodlawn Lake Park	11:00 am Interval Training McAllister Park	
	6:00 pm Tae Bo Copernicus Park	7:00 pm Interval Training Ward Park	7:00 pm Zumba Normoyle Park	6:30 pm Interval Training Woodlawn Lake Park	11:00 am Boot Camp Hardberger Park West	
	6:00 pm CrossFit Heritage Duck Pond	7:00 pm Interval Training Ward Park	7:00 pm Zumba Normoyle Park	6:30 pm Interval Training Woodlawn Lake Park	11:00 am Boot Camp Encino Library	
	6:00 pm Adaptive Cross Fit Rainbow Hills Park	7:00 pm Body Combat Pittman-Sullivan Park	7:00 pm Zumba Normoyle Park	6:30 pm Interval Training Woodlawn Lake Park	11:30 am Yoga Dorie Miller Park	
	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Volleyball Conditioning Copernicus Park	7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Interval Training Woodlawn Lake Park	11:30 am Yoga Dorie Miller Park	
	7:00 pm Interval Training Highland Park	7:00 pm Zumba Barre Fitness Center	7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Interval Training Woodlawn Lake Park	12:00 pm Body Combat Rosedale Park	
	7:00 pm Cardio Kickboxing Heritage Duck Pond	7:00 pm Interval Training Walker Ranch Park	7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Interval Training Woodlawn Lake Park	12:00 pm Martial Arts Encino Library	
	7:30 pm Boot Camp Palm Heights Park	7:00 pm Youth Sports Cond Cuellar Park	7:30 pm Cross Fit Woodlawn Lake Park	6:30 pm Interval Training Woodlawn Lake Park	12:00 pm Martial Arts Encino Library	
		7:15 pm Zumba Harlandale Park	8:00 pm Hip Hop Dance LBJ Park	6:30 pm Interval Training Woodlawn Lake Park	12:30 pm Martial Arts Encino Library	
		7:30 pm CrossFit Ward Park		6:30 pm Interval Training Woodlawn Lake Park	1:00 pm Walk It Out Fitness Copernicus Park	
		7:30 pm Boot Camp Palm Heights Park		6:30 pm Interval Training Woodlawn Lake Park	1:00 pm Line Dancing Berta Almaguer	
				6:30 pm Interval Training Woodlawn Lake Park	2:00 pm Basketball Conditioning Arnold Park	
				6:30 pm Interval Training Woodlawn Lake Park	2:30 pm Boot Camp Palm Heights Park	
				6:30 pm Interval Training Woodlawn Lake Park	3:00 pm Basketball Conditioning Arnold Park	
				6:30 pm Interval Training Woodlawn Lake Park	3:30 pm Table Tennis Mission Library	
				6:30 pm Interval Training Woodlawn Lake Park	4:00 pm Meditation Hardberger Park West	

Weekly Schedule

January 2016

Monday Janur 25	Tuesday January 26	Wednesday January 27	Thursday January 28	Friday January 29	Saturday January 30	Sunday January 31
5:15 am Circuit Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	8:30 am Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	Zumba McAllister Park	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	Cross Fit McAllister Park	Yoga Pan American Library
9:00 am Low Impact Circuit West End Park	10:00 am Folklorico Berta Almaguer Studio	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	Folklorico Granados Center	Interval Training Veterans Memorial Park	12:00 pm Stretching Hardberger Park West
9:30 am Modified Tennis Granados Center	11:00 am Ballet Exercise Berta Almaguer Studio	Circuit Training Labor Street Park	Circuit Training Bonnie Conner Park	5:00 pm Core Training Cuellar Park	Boot Camp Lions Field	
10:00 am Low-Impact Circuit Parman Library	1:00 pm Table Tennis Mission Library	Family Fitness Frenzy Enrique Barrera FC	5:30 pm Boot Camp Southside Lions Park	6:00 pm Core Training Cuellar Park	Community Walk Cuellar Park	
10:30 am Social Walk Lackland Terrace Park	5:00 pm Circuit Training Heritage Duck Pond	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	5:30 pm Boot Camp Palm Heights Park	10:00 am Zumba Rosedale Park	Circuit Training McAllister Park
Cross Fit West End Park	Yoga Cuellar Park	Cross Training Garza Park	Cardio Kickboxing Walker Ranch Park	6:00 pm Zumba OP Schnabel Park	Circuit Training McAllister Park	Cross Fit Monterrey Park
10:30 am Pickleball Granados Park	Kids Cross Fit Rainbow Hills Park	Adult Tennis McFarlin Tennis Center	Yoga LBJ Park	Rotengo Jesse James Leija Gym	Cross Fit Encino Library	Low Impact Circuit Encino Library
5:00 pm Strength Cuellar Park	5:30 pm Circuit Training Bonnie Conner Park	6:30 pm Boot Camp LBJ Park	6:30 pm Circuit Training Woodlawn Lake Park	Beg. Weight Training Cuellar Park	10:30 am Chair Yoga Dorie Miller Park	11:00 am Zumba Walzem YMCA
5:30 pm Walking Group Woodlawn Lake Park	Belly Dancing Lions Field	6:30 pm Boot Camp Garza Park	Interval Training Bonnie Conner Park		Body Pump Rosedale Park	Body Pump Rosedale Park
6:00 pm Hula LBJ Park	6:00 pm Cross Training Garza Park	7:00 pm Zumba Jimmy Flores Park	6:45 pm Zumba South Side Lions Park	7:00 pm Walk It Out Fitness Copernicus Park	Interval Training McAllister Park	Interval Training McAllister Park
Bailar es vivir Enrique Barrera FC	Circuit Training Enrique Barrera FC	Zumba Normoyle Park	7:00 pm Zumba Normoyle Park	7:30 pm Cross Fit Woodlawn Lake Park	Boot Camp Hardberger Park West	Boot Camp Hardberger Park West
Circuit Training Collins Garden Park	Cross Fit Highland Park	Conditioning Labor Street Park	7:30 pm Zumba Normoyle Park	8:00 pm Hip Hop Dance LBJ Park	Boot Camp Encino Library	Boot Camp Encino Library
6:30 pm Piloxing South Side Lions Park	Zumba Arnold Park	Interval Training Ward Park	7:30 pm Cross Fit Woodlawn Lake Park		11:30 am Yoga Dorie Miller Park	11:30 am Yoga Dorie Miller Park
Boot Camp Garza Park	Tae Bo Copernicus Park	Body Combat Pittman-Sullivan Park	7:30 pm Zumba Normoyle Park		12:00 pm Body Combat Rosedale Park	12:00 pm Body Combat Rosedale Park
Boot Camp Harlandale Park	CrossFit Heritage Duck Pond	Volleyball Conditioning Copernicus Park	7:30 pm Zumba Normoyle Park		Martial Arts Encino Library	Martial Arts Encino Library
Boot Camp South San Park	Adaptive Cross Fit Rainbow Hills Park	6:45 pm Zumba Barre Fitness Center	7:30 pm Zumba Normoyle Park		12:30 pm Martial Arts Encino Library	12:30 pm Martial Arts Encino Library
Circuit Training Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park	7:00 pm Interval Training Walker Ranch Park	7:30 pm Zumba Normoyle Park		1:00 pm Walk It Out Fitness Copernicus Park	1:00 pm Walk It Out Fitness Copernicus Park
Zumba Normoyle Park	7:00 pm Interval Training Highland Park	7:15 pm Zumba Harlandale Park	7:30 pm Zumba Normoyle Park		Line Dancing Berta Almaguer	Line Dancing Berta Almaguer
Core Training Perez Park	Cardio Kickboxing Heritage Duck Pond	7:30 pm CrossFit Ward Park	7:30 pm Zumba Normoyle Park		2:00 pm Basketball Conditioning Arnold Park	2:00 pm Basketball Conditioning Arnold Park
6:45 pm Zumba Barrera Fitness Center	7:30 pm Boot Camp Palm Heights Park	7:30 pm CrossFit Ward Park	7:30 pm Zumba Normoyle Park		2:30 pm Boot Camp Palm Heights Park	2:30 pm Boot Camp Palm Heights Park
7:00 pm Low Impact Circuit Collins Garden Park			7:30 pm Zumba Normoyle Park		3:00 pm Basketball Conditioning Arnold Park	3:00 pm Basketball Conditioning Arnold Park
Core Training Perez Park			7:30 pm Zumba Normoyle Park		3:30 pm Table Tennis Mission Library	3:30 pm Table Tennis Mission Library
Basketball Conditioning Copernicus Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						