



# July 2024

*Let's get moving San Antonio! Fitness in the Park is a FREE year-round exercise program that brings a variety of indoor and outdoor fitness classes to a park near you! Getting started is easy! Just take a look at the current schedule and join us. There is no registration required. Classes are open to all fitness levels.*



**Cancellation Hotline: 210.207.3128**  
**[www.saparksandrec.com](http://www.saparksandrec.com)**



**PARKS &  
RECREATION**

## Class Descriptions: Strength

### Strength classes are full-body workouts designed to help improve muscular strength

- Strength & Balance—classes are interval based with strength training and basic movements to improve balance and mobility
- Strength & Conditioning—classes will include a variety of bodyweight and weighted exercises designed to increase full body muscular strength and endurance
- Boot Camp—classes are moderate to high intensity and designed to build strength and cardio fitness levels
- Circuit Training—classes are moderate intensity and include a variety of exercises geared towards improving total body fitness. An exercise “Circuit” refers to one completion of all prescribed exercises in the program
- Interval Training—involves various intensities of exercise, going from short periods of high intensity work to longer periods of lower intensity work. These sets of high to low intensity exercise are repeated several times to complete the training session
- Total Body Toning—classes include a variety of strength training and flexibility movements to get a great full body workout
- Tabata—is a high-intensity interval training class that consists of 20-second work intervals followed by 10-second recovery intervals for eight cycles
- TRX—is a form of suspension training that uses body weight exercise to develop strength, balance, flexibility and core stability
- SPEAR Training— (Strength, Power, Endurance and Resistance) training classes follow the CrossFit methodology and are constantly varied functional movements performed at high intensity.
- Pilates—focuses on improving strength, flexibility, and body awareness through controlled movements and stretches. For a more accessible option, try our Chair Pilates class
- Fit Camp—a total body workout that will include strength, cardio, and core exercises
- Kid Fit—classes are engaging and dynamic workouts designed for youth participants aged 5 to 12

# Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Strength & Conditioning	18 +	Outdoor	Piper's Meadow Park	Monday	9:00 am	Walking trail	
Strength & Balance	18 +	Indoor	Commander's House Adult and Senior Center	Mon / Wed	9:30 am	Commander's House Adult and Senior Center	
Strength & Conditioning <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Monday	2:00 pm	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
Strength & Balance	18 +	Indoor	Lions Field Adult and Senior Center	Monday	3:30 pm	Lions Field Adult and Senior Center	
Boot Camp	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	
FitLot Circuit Training	18 +	Outdoor	Normoyle Park	Tues / Thurs	9:00 am	FitLot Outdoor Fitness Equipment	For more information visit <a href="http://www.fitlot.org/parks/san-antonio">www.fitlot.org/parks/san-antonio</a> <b>*No class 7/4</b>
Strength & Balance	18 +	Indoor	Woodlawn Lake Park	Tuesday	9:30 am	Berta Almaguer Dance Studio	
Interval Training	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	12:00 pm	Aerobics Studio	
Total Body Toning	18 +	Indoor	Granados Park	Tues / Thurs	12:30 pm	Granados Adult and Senior Center	<b>*No class 7/4</b>
Total Body Toning	18 +	Indoor	Lions Field Adult and Senior Center	Tues / Thurs	3:30 pm	Lions Field Adult and Senior Center	<b>*No class 7/4</b>
Tabata	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	6:00 pm	Multipurpose Room	
Strength & Conditioning	18 +	Indoor	Normoyle Park	Tues / Thurs	6:15 pm	Normoyle Community Center	<b>*No class 7/4</b>
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Tuesday	6:30 pm	Woodlawn Lake Gym	
Strength & Conditioning <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Wednesday	9:00 am	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>

# More Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
TRX	18 +	Indoor	Enrique Barrera Fitness Center	Wednesday	6:00 pm	TRX Room	
Strength & Conditioning	18 +	Outdoor	Highland Park	Wednesday	6:15 pm	Outdoor basketball court	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Wednesday	6:30 pm	Woodlawn Lake Gym	
Strength & Balance	18 +	Indoor	Lackland Terrace Park	Thursday	9:30 am	Gill Community Center	<b>*No class 7/4</b>
Circuit Training	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	12:00 pm	Aerobics Studio	<b>*No class 7/4</b>
Circuit Training	12 +	Outdoor	Bonnie Conner Park	Thursday	5:30 pm	Pavilion	<b>*No class 7/4</b>
Pilates	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	6:00 pm	Multipurpose Room	<b>*No class 7/4</b>
KidFit <i>Hosted by San Antonio Sports Activate</i>	5—12	Indoor	Joe Ward Park	Thursday	6:15 pm	Joe Ward Community Center	<b>*No class 7/4</b>
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	<b>*No class 7/4</b>
Cross Training	18 +	Indoor	LBJ Park	Thursday	7:00 pm	Hamilton Community Center	<b>*No class 7/4</b>
Total Body Toning	18 +	Indoor	Lions Field Adult and Senior Center	Friday	9:00 am	Lions Field Adult and Senior Center	
Pilates	18 +	Indoor	Woodlawn Lake Park	Friday	9:15 am	Berta Almaguer Dance Studio	
Total Body Toning	18 +	Indoor	Lackland Terrace Park	Friday	2:00 pm	Gill Community Center	
SPEAR Training	18 +	Outdoor	McAllister Park	Saturday	9:00 am	Turkey Roost Pavilion	
Boot Camp	18 +	Outdoor	Rainbow Hills Park	Saturday	9:00 am	Pavilion	
Fit Camp	18 +	Indoor	Garza Park	Saturday	10:00 am	Garza Community Center	
Circuit Training	18 +	Outdoor	McAllister Park	Saturday	10:00 am	Turkey Roost Pavilion	
Circuit Training	18 +	Outdoor	Hardberger Park (NW Military)	Sunday	9:00 am	Urban Ecology Center	
<b>NEW!</b> Circuit Training	18 +	Outdoor	Maverick Park	Sunday	9:00 am	Dog park	

## Class Descriptions: Core

### **Core classes focus on strengthening the muscles within your midsection to improve your balance and stability**

- Core Training—classes will blast your abs by performing specific exercises to strengthen the core muscles. These moderate intensity classes will have you feeling the burn!
- Core & More—classes will focus on developing the foundation for a strong and functional core
- Core Rhythms—will take your ab workout to the next level by synergizing ab exercises to the energy packed beat of the music!
- CoRE—class is a combination of core training exercises with respiratory endurance exercises. Be prepared to get a total core workout
- Equilibrium—class will work on flexibility/mobility and core strength through active movement. These simple movements are designed to teach breath control, improve flexibility, increase mobility and core strength

# Core

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Core & More	18 +	Indoor	Mattox Park	Monday	5:00 pm	Playground	
<b>NEW!</b> Core & More	18 +	Outdoor	Lincoln Park	Monday	7:30 pm	Playground	
CoRE	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	
Core Rhythms	18 +	Indoor	Harlandale Park	Tuesday	6:00 pm	Harlandale Community Center	
Core & More	18 +	Outdoor	Timber Ridge Park	Tuesday	7:15 pm	Pavilion	
<b>NEW!</b> Core & More	18 +	Outdoor	Perez Park	Thursday	8:30 am	Pavilion	<b>*No class 7/4</b>
Core Rhythms	18 +	Indoor	Southside Lions Park	Thursday	6:00 pm	Ramon V. Quintero Community Center	<b>*No class 7/4</b>
Equilibrium	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	<b>*No class 7/4</b>
Core & More	18 +	Outdoor	Hardberger Park (Blanco)	Saturday	9:00 am	Playground	<b>*No class 7/13</b>
Core Training	18 +	Outdoor	Rainbow Hills Park	Saturday	10:00 am	Pavilion	
<b>NEW!</b> Core & More	18 +	Outdoor	Friesenhahn Park	Saturday	11:00 am	Pavilion	<b>*No class 7/13</b>
Core Training	18 +	Outdoor	Hardberger Park (NW Military)	Sunday	10:00 am	Urban Ecology Center	

## Class Descriptions: Flexibility & Mindfulness

**Flexibility & Mindfulness classes will include low-intensity exercises that increase total range of motion while including mindfulness exercises to raise awareness and become more present in the moment**

- Yoga—classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions
- Yoga Sculpt—class will combine traditional yoga movements with muscle sculpting resistance exercises using light weights and performing a high number of repetitions
- Tai Chi and Qigong—combine slow deliberate movements, meditation, and breathing exercises
- Fit & Flex—class combines full body strength training exercises with stretching and flexibility movements. All exercises can be modified with or without the assistance of a chair
- Heartfulness Meditation—class is designed to help with stress management and self-realization with its 4 main practices; relaxation, meditation, cleaning, and inner connection
- Flexibility and Mobility— class is designed to lengthen and strengthen muscles while promoting joint mobility and stability. Exercises can be modified for beginners and advanced participants

# Flexibility & Mindfulness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Fit & Flex	18 +	Indoor	Woodlawn Lake Park	Monday	9:30 am	Berta Almaguer Dance Studio	
Tai Chi / Qigong	18 +	Indoor	Encino Library	Monday	1:00 pm	Encino Library	
Yoga <i>Hosted by the EVYS</i>	18 +	Indoor	Lions Field Adult and Senior Center	Monday	6:00 pm	Lions Field Adult and Senior Center	Esther Vexler Yoga School
Yoga	18 +	Outdoor	Concepcion Park	Monday	6:00 pm	Playground	
Fit & Flex	18 +	Indoor	Commander's House Adult and Senior Center	Tuesday	9:00 am	Commander's House Adult and Senior Center	
Fit & Flex	18 +	Indoor	Lackland Terrace Park	Tuesday	2:30 pm	Gill Community Center	
Yoga	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	5:00 pm	Aerobics Studio	
Flexibility & Mobility	18 +	Indoor	Woodlawn Lake Park	Tuesday	7:30 pm	Woodlawn Gym	
Yoga	18 +	Outdoor	Elmendorf Lake Park	Wednesday	6:00 pm	Playground	
<b>NEW!</b> Yoga Sculpt	18 +	Outdoor	Heritage Duck Pond Park	Wednesday	7:00 pm	Playground	
Yoga for Stress <i>Hosted by the EVYS</i>	18 +	Indoor	Woodlawn Lake Park	Wednesday	7:30 pm	Woodlawn Lake Gym	Esther Vexler Yoga School
Gentle Yoga <i>Hosted by DHS</i>	60 +	Indoor	District 2 Senior Center	Thursday	1:00 pm	District 2 Senior Center	<i>Participants must be 60 years of age or older</i> <b>*No class 7/4</b>
<b>NEW!</b> Fit & Flex	18 +	Indoor	Granados Park	Thursday	5:00 pm	Granados Adult and Senior Center	<b>*No class 7/4</b>
Yoga for Stress <i>Hosted by the EVYS</i>	18 +	Indoor	Arnold Park	Thursday	6:30 pm	Ramirez Community Center	Esther Vexler Yoga School <b>*No class 7/4</b>
Yoga	18 +	Outdoor	Brackenridge Park	Thursday	6:30 pm	Lambert Beach Softball Field	<b>*No class 7/4</b>
Yoga <i>Hosted by Clear Light Coffee Co.</i>	18 +	Outdoor	Hardberger Park (NW Military)	Saturday	8:00 am	Open field near playground	
<b>NEW!</b> Yoga	18 +	Outdoor	Denman Estate Park	Saturday	8:00 am	Open field by the pond	<b>*No class 7/13</b>
Yoga <i>Hosted by the EVYS</i>	18 +	Outdoor	Dignowity Park	Saturday	9:30 am	By the playground	Esther Vexler Yoga School
Heartfulness Meditation	15 +	Indoor	Igo Library	Saturday	10:00 am	Igo Library	
Yoga <i>Hosted by Clear Light Coffee Co.</i>	18 +	Outdoor	Walker Ranch Park	Sunday	9:00 am	Pavilion	
Heartfulness Meditation	15 +	Indoor	Parman Library	Sunday	11:00 am	Parman Library	



## Class Descriptions: Cardio

**Cardio is short for cardiovascular exercise. Cardio exercises can vary greatly, but the primary goal of the movements are to increase blood circulation throughout the body and raise heart rate**

- Walking Groups—walking is a great form of cardio. Get active and make new friends at one of our walking groups
- Cardio Fit—classes will get participants' hearts pumping with rhythmic aerobic exercises and strength training interval based routines
- Drum Fitness—classes bring together drumsticks and an exercise ball to create a fun cardio blasting workout that you'll never want to end!
- Cardio Burn—is a full body, high-intensity calorie torching class designed to help you burn fat and leave you feeling energized
- Cardio Kickboxing—is a high-energy workout that is challenging for all levels. This class combines martial arts techniques with fast-paced cardio.

# Cardio

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Drum Fitness	18 +	Indoor	Granados Park	Monday	10:30 am	Granados Adult and Senior Center	
Drum Fitness	18 +	Indoor	Lackland Terrace Park	Mon / Wed	10:30 am	Gill Community Center	
<b>NEW!</b> Walking Group	Family	Outdoor	Wheatley Heights Sports Complex	Monday	5:30 pm	Track	
Cardio Fit	18 +	Outdoor	Pearsall Park	Monday	6:30 pm	Pavilion	
<b>NEW!</b> Cardio Kickboxing	18 +	Outdoor	O. P. Schnabel Park	Monday	6:30 pm	Graff Pavilion	<b>*No class 7/1</b>
Drum Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Tues / Thurs	10:00 am	Commander's House Adult and Senior Center	<b>*No class 7/4</b>
Walking Group	Family	Outdoor	Vidaurri Park	Tuesday	4:30 pm	Playground	
Walking Group	Family	Outdoor	Flores Park	Tuesday	5:30 pm	Playground	
Drum Fitness	18 +	Indoor	Granados Park	Wednesday	11:00 am	Granados Adult and Senior Center	
Cardio Burn	18 +	Indoor	Woodlawn Lake Park	Wednesday	5:00 pm	Berta Almaguer Dance Studio	
Walking Group	18 +	Outdoor	Spicewood Park	Wednesday	4:00 pm	Pavilion	
Walking Group	18 +	Outdoor	Palo Alto Terrace Park	Wednesday	5:00 pm	Pavilion	
Walking Group	Family	Outdoor	Woodlawn Lake Park	Wednesday	7:30 pm	Woodlawn Lake Park Gym	
Walking Group	18 +	Outdoor	West Quill Park	Thursday	10:00 am	Playground	<b>*No class 7/4</b>
Drum Fitness	18 +	Indoor	Lions Field Adult and Senior Center	Thursday	2:30 pm	Lions Field Adult and Senior Center	<b>*No class 7/4</b>
Cardio Burn	18 +	Outdoor	Lou Kardon Park	Thursday	6:00 pm	Outdoor fitness equipment	<b>*No class 7/4</b>
Walking Group <i>Hosted by SAMHD</i>	18 +	Indoor	West End Park	Thursday	6:00 pm	Frank Garrett Multi-Service Center	<b>*No class 7/4</b>
Cardio Fit	18 +	Both	Parman Library	Friday	9:00 am	Parman Library entrance	
Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Friday	10:30 am	Aerobics Studio	
Walking Group	18 +	Outdoor	Fox Park	Friday	11:00 am	Amphitheater	
Xtreme Hip Hop Step Aerobics	10 +	Indoor	Copernicus Park	Saturday	9:30 am	Copernicus Community Center	
<b>NEW!</b> Walking Group	Family	Outdoor	Jupe Manor Park	Saturday	9:00 am	Playground	<b>*No class 7/13</b>

## Class Descriptions: Zumba

**Working out doesn't feel like work when you're having fun. Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Zumba is a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class**

- Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Choreography will focus on balance, range of motion and coordination. Get ready to sweat, and prepare to leave empowered and feeling strong

# Zumba

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Zumba	18 +	Indoor	Garza Park	Monday	6:30 pm	Garza Community Center	
Zumba	18 +	Indoor	Normoyle Park	Mon / Wed / Thurs	7:00 pm	Normoyle Community Center	<b>*No class 7/4</b>
Zumba	18 +	Indoor	LBJ Park	Monday	7:00 pm	Hamilton Community Center	<b>*No class 7/15</b>
Zumba	18 +	Indoor	Southside Lions Park	Monday	7:00 pm	Ramon V. Quintero Community Center	
Zumba <i>Hosted by San Antonio Sports Activate</i>	13 +	Indoor	West End Park	Tuesday	6:00 pm	Frank Garrett Multi-Service Center	<b>*No class 7/2</b>
Zumba	18 +	Indoor	Harlandale Park	Tuesday	7:00 pm	Harlandale Community Center	
<b>NEW!</b> 4th of July Zumba	18 +	Indoor	Woodlawn Lake Park	Thursday	10:00 am	Woodlawn Lake Park Gym	7/4 only
Zumba <i>Hosted by Community First Health Plans</i>	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	5:00 pm	Aerobics Studio	<b>*No class 7/4</b>
Zumba <i>Hosted by San Antonio Sports Activate</i>	13 +	Indoor	Joe Ward Park	Thursday	6:15 pm	Joe Ward Community Center	<b>*No class 7/4</b>
Zumba	18 +	Indoor	Southside Lions Park	Thursday	7:00 pm	Ramon V. Quintero Community Center	<b>*No class 7/4</b>
Zumba	18 +	Indoor	Miller's Pond Park	Thursday	7:00 pm	Miller's Pond Community Center	<b>*No class 7/4</b>
Zumba Gold <i>Hosted by the Department of Human Services</i>	60 +	Indoor	Normoyle Park	Friday	8:00 am	Normoyle Community Center	<i>Participants must be 60 years of age or older</i>
Zumba	18 +	Indoor	Palm Heights Park	Saturday	10:00 am	Palm Heights community Center	
Zumba	18 +	Indoor	Normoyle Park	Saturday	10:00 am	Normoyle Community Center	

## Class Descriptions: 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 Hula Dance, Line Dance, & Hip Hop Dance, we have something for everyone!**

- Cardio Dance—classes will combine multiple dance styles to get participants moving and grooving while burning calories!
- Hula Dance—classes animates history by fusing storytelling with dance. Hula is a Hawaiian dance form that tells a story through rhythmic patterns and gestures
- Hip Hop Dance—classes include energetic choreographed dance moves while also implementing freestyle movements
- Line Dance—is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows
- Hip Hop Majorette Dance—is a fusion of hip-hop, jazz, ballet, and other various styles. Participants will perform high-energy, synchronized and rhythmic dance moves

# Dance Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Hula Dance	6 +	Indoor	LBJ Park	Mon / Wed	6:00 pm	Hamilton Community Center	
<b>NEW!</b> Dance Fitness	18 +	Both	Highland Park	Monday	6:30 pm	Bode Community Center	<b>*No class 7/1</b>
Hip Hop Dance	12 +	Indoor	Copernicus Park	Monday	7:00 pm	Copernicus Community Center	<b>*No class 7/22</b>
Cardio Dance <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Tuesday	10:30 am	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
Hip Hop Majorette Dance <i>Hosted by Sassy Diamondz Dance</i>	6—16	Indoor	Dawson Park	Tues / Thurs	5:30 pm	Dawson Community Center	<b>*No class 7/4</b>
Line Dance	18 +	Indoor	Lions Field Adult and Senior Center	Wednesday	1:00 pm	Lions Field Adult and Senior Center	Beginner level
Line Dance	18 +	Indoor	Lions Field Adult and Senior Center	Wednesday	2:00 pm	Lions Field Adult and Senior Center	Improver level
Hip Hop Dance	12 +	Indoor	LBJ Park	Wednesday	7:00 pm	Hamilton Community Center	<b>*No class 7/24</b>

## Class Descriptions: Net Sports

**Join us on the court and work on your tennis or pickleball skills. Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn**

- Beginner Tennis—non-competitive sessions hosted by San Antonio Learning Through Tennis (SALTT) and the San Antonio Tennis Association (SATA) are perfect for players of all ability levels
- Pickleball 101—participants will learn the basics of the game, and work to refine their skills
- Pickleball Practice & Play—continues the progression for beginners where participants work on skill development in real game situations

# Net Sports

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Beginner Tennis <i>Hosted by SALTT</i>	6 +	Outdoor	Fairchild Park	Tuesday	6:00 pm	Fairchild Tennis Center courts 1-2 & 7-8	For more information visit <a href="http://www.saltt.online">www.saltt.online</a> 7/9 & 7/23 only
Pickleball 101 <i>Hosted by San Antonio Pickleball Association</i>	18 +	Outdoor	Fairchild Park	Tuesday	6:30 pm	Fairchild Tennis Center	For more information visit <a href="http://www.sanantoniopickleball.org">www.sanantoniopickleball.org</a> 7/9 & 7/23 only
Pickleball 101 <i>Hosted by San Antonio Pickleball Association</i>	18 +	Outdoor	Fairchild Park	Wednesday	9:00 am	Fairchild Tennis Center	For more information visit <a href="http://www.sanantoniopickleball.org">www.sanantoniopickleball.org</a>
Pickleball 101	10 +	Outdoor	Morgan's Wonderland Sports	Thursday	6:00 pm	Pickleball Court #1	<b>*No class 7/4</b>
Beginner Tennis <i>Hosted by SATA</i>	6 +	Outdoor	San Pedro Springs Park	Thursday	6:00 pm	McFarlin Tennis Center courts 14-16	Registration recommended. For more information visit <a href="http://www.satennis.com">www.satennis.com</a> <b>*No class 7/4</b>
Pickleball Practice & Play	10 +	Outdoor	Morgan's Wonderland Sports	Thursday	7:00 pm	Pickleball Court #1	<b>*No class 7/4</b>
Pickleball	10 +	Indoor	LBJ Park	Saturday	10:00 am	Lou Hamilton Community Center	
Pickleball	10 +	Indoor	Palm Heights Park	Saturday	10:00 am	Palm Heights Community Center	



## Class Descriptions: Aqua Fitness

**Aqua Fitness classes use a variety of cardio and strength training exercises using the natural resistance of the water to produce a full body low impact workout**

- Lap Swim—provides a full body workout by targeting three important types of exercise; cardio, strength training, and flexibility
- Water Walking—is a great way to utilize the natural resistance of the water to challenge and strengthen your muscles
- Aqua Board HIIT—experience a High Intensity Interval Training (HIIT) class like no other! This HIIT class is done on top of the water using specialized floating Aqua Fit boards
- Water Aerobics—classes are a great low impact workout, in shallow water, using the resistance of the water to produce a full body workout
- Aqua Zumba—is the exciting pool party you don't want to miss! Aqua Zumba is a dance-based class blending the Zumba philosophy with water resistance
- Aqua Combat—classes will help you gain muscular strength, endurance, and coordination through water resistance training and choreographed mixed martial arts inspired movements
- Aqua Rhythms—is an energy packed water aerobics class that will have participants working out and having fun to the beat of the music!

# Aqua Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Lap Swim / Water Walking	18 +	Indoor	YWCA Olga Madrid Center	Mon / Wed / Fri	10:00 am—12:00 pm	Swimming pool	
Water Aerobics	18 +	Indoor	YWCA Olga Madrid Center	Mon / Wed / Fri	12:00 pm	Swimming pool	
Aqua Board HIIT	18 +	Outdoor	Roosevelt Park	Monday	6:30 pm	Roosevelt Pool	
Lap Swim	18 +	Outdoor	Woodlawn Lake Park	Tuesday—Friday	7:30 am—9:30 am	Woodlawn Lake Pool	
Water Aerobics	18 +	Outdoor	Woodlawn Lake Park	Tuesday—Friday	8:00 am	Woodlawn Lake Pool	<b>*No class 7/4</b>
Water Aerobics	18 +	Outdoor	Normoyle Park	Tuesday	10:30 am	Normoyle Pool	
Aqua Zumba	18 +	Outdoor	Garza Park	Tuesday	6:30 pm	Garza Pool	
Aqua Combat	18 +	Outdoor	Concepcion Park	Tuesday	6:30 pm	Concepcion Pool	
Aqua Zumba	18 +	Outdoor	Kingsborough Park	Tuesday	6:30 pm	Kingsborough Pool	
Aqua Zumba	18 +	Outdoor	San Pedro Springs Park	Wednesday	6:30 pm	San Pedro Springs Pool	
4th of July Aqua Zumba	18 +	Outdoor	Woodlawn Lake Park	Thursday	9:00 am	Woodlawn Lake Pool	7/4 only
Water Aerobics	18 +	Outdoor	Fairchild Park	Thursday	6:30 pm	Fairchild Pool	
Aqua Board HIIT	18 +	Outdoor	Cuellar Park	Saturday	11:30 am	Cuellar Pool	
Aqua Rhythms	18 +	Outdoor	LBJ Park	Saturday	12:00 pm	LBJ Pool	

## Class Descriptions: Mobile Fit Classes

**Mobile Fit is teaming up with Fitness in the Park! Enjoy a fitness class and see everything the Mobile Fit vehicle unit has to offer. Experience the interactive gaming system that is fun for all ages, and receive a free health screening! The Mobile Fit classes are always on the move, and pop up in new locations each month!**

- Walk Fit—classes are a great way to start your fitness journey. Participants will engage in light cardio, strength, and flexibility exercises while walking through the park
- Circuit Training—classes are moderate intensity and include a variety of exercises geared towards improving total body fitness. An exercise “Circuit” refers to one completion of all prescribed exercises in the program

# Mobile Fit Classes

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Circuit Training	18 +	Outdoor	Kennedy Park	Thursday	6:45 am	Mobile Fit Vehicle	7/11/24
Walk Fit	18 +	Outdoor	Wheatley Heights Sports Complex	Saturday	10:00 am	Walking trail	7/13/24
Walk Fit	18 +	Outdoor	Joan Price Park	Tuesday	10:00 am	Pavilion	7/16/24
Circuit Training	18 +	Outdoor	Kennedy Park	Thursday	6:45 am	Mobile Fit Vehicle	7/18/24
Walk Fit	18 +	Outdoor	Joan Price Park	Tuesday	10:00 am	Pavilion	7/23/24
Circuit Training	18 +	Outdoor	Kennedy Park	Thursday	6:45 am	Mobile Fit Vehicle	7/25/24
Walk Fit	18 +	Outdoor	Joan Price Park	Tuesday	10:00 am	Pavilion	7/30/24

## **Class Descriptions: Unique Fitness Opportunities & Sport Specific Training**

**Unique fitness opportunities include classes and activities that might not occur on a regular weekly schedule and/or partnership events that don't fit within another category**

- Martial Arts—refers to a broad range of traditional and modern combat and self-defense practices. Classes are non-contact and open to all ages
- Basketball & Volleyball Conditioning—youth participants can have fun and get fit with our sport specific training classes. Participants will perform progressive skill work exercises and conditioning drills
- Fitness in the Park Showcase Event—Are you interested in attending a Fitness in the Park class but don't know where to start? Join us for a fun and fast paced event with demos of multiple class types, and the opportunity to meet and talk with multiple Fitness in the Park instructors

# Unique Opportunities & Sport Specific Training

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Basketball Conditioning	7—15	Indoor	West End Park	Tues / Thurs	7:00 pm	Frank Garrett Multi-Service Center	<b>*No class 7/4</b>
Martial Arts <i>Hosted by Ferrari Black Belt Academy</i>	6 +	Indoor	Harlandale Park	Tues / Wed / Thurs	6:30 pm	Harlandale Community Center	<b>*No class 7/4</b>
Basketball Conditioning	6—9	Indoor	Enrique Barrera Fitness Center	Wednesday	5:00 pm	Multipurpose Room	
Basketball Conditioning	10—14	Indoor	Enrique Barrera Fitness Center	Wednesday	6:00 pm	Multipurpose Room	
<b>NEW!</b> Fitness in the Park Showcase Event	18 +	Outdoor	San Pedro Springs Park	Saturday	9:00 am	San Pedro Springs Pool	7/13 only
Volleyball Conditioning	9—12	Indoor	Normoyle Park	Saturday	1:30 pm	Normoyle Community Center	