



March 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



**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.
- 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 & Balance	18 +	Indoor	Commander's House Adult and Senior Center	Mon / Wed	9:30 am	Commander's House Adult and Senior Center	
Strength & Conditioning	18 +	Outdoor	Cathedral Rock Park	Monday	10:00 am	Pavilion	
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 +	Outdoor	New Territories Park	Monday	6:00 pm	Outdoor basketball court	
Boot Camp	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	
FitLot Circuit Training	18 +	Outdoor	Normoyle Park	Tues / Thurs	10:00 am	FitLot Outdoor Fitness Equipment	For more information visit www.fitlot.org/parks/san-antonio
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	
Total Body Toning	18 +	Indoor	Lions Field Adult and Senior Center	Tues / Thurs	3:30 pm	Lions Field Adult and Senior Center	
Battle Rope Boot Camp	18 +	Outdoor	Alderete Park	Tuesday	6:00 pm	Pavilion	
Tabata	18 +	Indoor	Enrique Barrera Fitness Center	Tues / Thurs	6:00 pm	Multipurpose Room	
Strength & Conditioning	18 +	Indoor	Normoyle Park	Tues / Thurs	6:15 pm	Normoyle Community Center	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Tuesday	6:30 pm	Woodlawn Lake Gym	
Pilates	18 +	Indoor	Woodlawn Lake Park	Tuesday	7:30 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>
NEW! Strength & Balance	18 +	Indoor	Woodlawn Lake Park	Wednesday	9:30 am	Berta Almaguer Dance Studio	

More Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Total Body Toning	18 +	Indoor	Granados Park	Wednesday	6:00 pm	Granados Adult and Senior Center	
TRX	18 +	Indoor	Enrique Barrera Fitness Center	Wednesday	6:00 pm	TRX Room	
Circuit Training	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	
Circuit Training	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	12:00 pm	Aerobics Studio	
Circuit Training	12 +	Outdoor	Bonnie Conner Park	Thursday	5:30 pm	Igo Library parking lot	
KidFit <i>Hosted by San Antonio Sports Activate</i>	5—12	Indoor	Joe Ward Park	Thursday	6:15 pm	Joe Ward Community Center	*No class 3/14
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
Cross Training	18 +	Indoor	LBJ Park	Thursday	7:00 pm	Hamilton Community Center	
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	
Chair Pilates	18 +	Indoor	Mission Library	Friday	11:00 am	Mission Library	
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	*No class 3/9
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	

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	Carver Library	Monday	6:00 pm	Carver Library	
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	
NEW! Core & More	18 +	Outdoor	Timber Ridge Park	Tuesday	7:15 pm	Pavilion	
Core Rhythms	18 +	Indoor	Southside Lions Park	Thursday	6:00 pm	Ramon V. Quintero Community Center	
Equilibrium	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	
NEW! Core & More	18 +	Outdoor	Denman Estate Park	Thursday	3:00 pm	Open field	
Core Training	18 +	Outdoor	Rainbow Hills Park	Saturday	10:00 am	Pavilion	*No class 3/9
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
- 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
- Essentrics—dynamically combines strength and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely
- 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 & Mindfulness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
NEW! Fit & Flex	18 +	Indoor	Woodlawn Lake Park	Monday	9:30 am	Berta Almaguer Dance Studio	
NEW! Fit & Flex	18 +	Outdoor	Pickwell Park	Monday	10:30 am	Open Field	
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
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	
Fit & Flex	18 +	Outdoor	Concepcion Park	Wednesday	10:00 am	Outdoor fitness equipment	
Fit & Flex	18 +	Outdoor	Villa Coronado Park	Wednesday	12:00 pm	Pavilion	
NEW! Yoga for Stress <i>Hosted by the EVYS</i>	18 +	Outdoor	Dignowity Park	Wednesday	6:30 pm	Open field by dog park	*No class 3/6 & 3/13 Esther Vexler Yoga School
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 the Department of Human Services</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>
NEW! Fit & Flex	18 +	Outdoor	Friesenhahn Park	Thursday	1:00 pm	Pavilion	
Yoga for Stress <i>Hosted by the EVYS</i>	18 +	Indoor	Arnold Park	Thursday	6:30 pm	Ramirez Community Center	Esther Vexler Yoga School
Fit & Flex	18 +	Outdoor	Hardberger Park (Blanco)	Friday	9:00 am	Playground	
Essentrics®	18 +	Indoor	Granados Park	Friday	11:00 am	Granados Adult and Senior Center	
NEW! Yoga <i>Hosted by Clear Light Coffee Co.</i>	18 +	Outdoor	Hardberger Park (NW Military)	Saturday	9:00 am	Open field near playground	
Fit & Flex	18 +	Outdoor	Nani Falcone Park	Saturday	11:00 am	Pavilion	
NEW! 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	*No class 3/3

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

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	
Cardio Fit	18 +	Outdoor	Medina Base Road Park	Monday	11:00 am	Pavilion	
Cardio Burn	18 +	Outdoor	Dignowity Park	Monday	4:30 pm	Open field by dog park	
Walking Group	18 +	Outdoor	Levi Strauss Park	Tues / Thurs	9:00 am	Trailhead	
Drum Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Tues / Thurs	10:00 am	Commander's House Adult and Senior Center	
Drum Fitness	18 +	Indoor	Lackland Terrace Park	Mon / Wed	10:30 am	Gill Community Center	
Cardio Fit	18 +	Outdoor	Roosevelt Park	Tuesday	11:30 am	Outdoor basketball court	
Cardio Fit	Family	Outdoor	Farias Park	Tuesday	4:30 pm	Pavilion	
Cardio Fit	18 +	Outdoor	Palo Alto Park	Wednesday	9:00 am	Pavilion	
Drum Fitness	18 +	Indoor	Granados Park	Wednesday	11:00 am	Granados Adult and Senior Center	
NEW! Cardio Burn	18 +	Indoor	Woodlawn Lake Park	Wednesday	2:00 pm	Berta Almaguer Dance Studio	
NEW! Cardio Fit	18 +	Outdoor	Heritage Duck Pond Park	Wednesday	6:00 pm	Outdoor fitness equipment	
Drum Fitness	18 +	Indoor	Lions Field Adult and Senior Center	Thursday	2:30 pm	Lions Field Adult and Senior Center	
NEW! Cardio Burn	18 +	Outdoor	Lou Kardon Park	Thursday	6:00 pm	Playground	
Walking Group <i>Hosted by San Antonio Metro Health District</i>	18 +	Indoor	West End Park	Thursday	6:00 pm	Frank Garrett Multi-Service Center	
Walking Group	Family	Outdoor	Woodlawn Lake Park	Friday	8:15 am	Berta Almaguer Dance Studio	
Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Friday	10:30 am	Aerobics Studio	
Cardio Fit	18 +	Both	Parman Library	Friday	11:00 am	Parman Library entrance	
Cardio Burn	18 +	Outdoor	Dan Markson Park	Saturday	9:00 am	Amphitheater	
Xtreme Hip Hop Step Aerobics	10 +	Indoor	Copernicus Park	Saturday	9:30 am	Copernicus Community Center	

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 +	Outdoor	Pearsall Park	Monday	9:00 am	Pavilion	
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	
Zumba	18 +	Indoor	LBJ Park	Monday	7:00 pm	Hamilton Community Center	
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	*No class 3/12
Zumba	18 +	Indoor	Harlandale Park	Tuesday	7:00 pm	Harlandale Community Center	
Zumba <i>Hosted by San Antonio Sports Activate</i>	13 +	Indoor	Woodard Park	Wednesday	6:15 pm	Woodard Community Center	*No class 3/13 Class starts at 5:45 pm on 3/6
Zumba <i>Hosted by Community First Health Plans</i>	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	5:00 pm	Aerobics Studio	
Zumba <i>Hosted by San Antonio Sports Activate</i>	13 +	Indoor	Joe Ward Park	Thursday	6:15 pm	Joe Ward Community Center	*No class 3/14
Zumba	18 +	Indoor	Southside Lions Park	Thursday	7:00 pm	Ramon V. Quintero Community Center	
Zumba	18 +	Indoor	Miller's Pond Park	Thursday	7:00 pm	Miller's Pond Community Center	
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!

- Dance Fitness—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	
Hip Hop Dance	12 +	Indoor	Copernicus Park	Monday	7:00 pm	Copernicus Community Center	
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	
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	
NEW! Line Dance <i>Hosted by San Antonio Metro Health District</i>	18 +	Indoor	West End Park	Thursday	6:30 pm	Frank Garrett Multi-Service Center	

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 SALT</i>	6 +	Outdoor	Fairchild Park	Tuesday	6:00 pm	Fairchild Tennis Center courts 1-2 & 7-8	For more information visit www.saltt.online 3/12 & 3/26 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 www.sanantoniopickleball.org 3/5 & 3/19 only
Pickleball <i>Hosted by San Antonio Pickleball Association</i>	18 +	Outdoor	Fairchild Park	Wednesday	10:00 am	Fairchild Tennis Center	For more information visit www.sanantoniopickleball.org
Pickleball 101	10 +	Outdoor	Morgan's Wonderland Sports	Thursday	6:00 pm	Pickleball Court #1	
Beginner Tennis <i>Hosted by SATA</i>	6 +	Outdoor	San Pedro Springs Park	Thursday	6:00 pm	McFarlin Tennis Center courts 17-19	Registration recommended. For more information visit www.satennis.com
Pickleball Practice & Play	10 +	Outdoor	Morgan's Wonderland Sports	Thursday	7:00 pm	Pickleball Court #1	
Pickleball	10 +	Indoor	LBJ Park	Saturday	10:00 am	Lou Hamilton 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 Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Lap Swim	18 +	Indoor	San Antonio Natatorium	Mon / Wed / Fri	10:00 am—11:00 am	Recreation pool	
Water Aerobics	18 +	Indoor	San Antonio Natatorium	Mon / Wed	1:00 pm	Recreation pool	
Aqua Board HIIT	18 +	Indoor	San Antonio Natatorium	Monday	6:30 pm	Recreation pool	
Water Walking	18 +	Indoor	San Antonio Natatorium	Tues / Thurs	10:00 am—11:00 am	Recreation pool	
Water Aerobics	18 +	Indoor	San Antonio Natatorium	Tuesday	6:30 pm	Recreation pool	
Aqua Zumba	18 +	Indoor	San Antonio Natatorium	Wednesday	6:30 pm	Recreation pool	
Aqua Combat	18 +	Indoor	San Antonio Natatorium	Thursday	6:30 pm	Recreation pool	*No class 3/14
Aqua Combat	18 +	Indoor	San Antonio Natatorium	Friday	1:00 pm	Recreation pool	
Aqua Board HIIT	18 +	Indoor	San Antonio Natatorium	Saturday	11:30 am	Recreation pool	*No class 3/23

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
- Bosu Blast—classes utilize a Bosu ball for a full body workout focused on stability, balance, and power
- Slamball—is an interval style class where participants will utilize a slamball to perform strength training exercises

Mobile Fit Classes

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Walk Fit	18 +	Outdoor	Las Palmas Park	Tuesday	10:00 am	Playground	3/5/24
Bosu Blast	18 +	Outdoor	Golden Community Park	Wednesday	4:00 pm	Playground	3/6/24
Slamball	18 +	Outdoor	Los Angeles Heights Park	Thursday	10:00 am	Playground	3/7/24
Walk Fit	18 +	Outdoor	Las Palmas Park	Tuesday	10:00 am	Playground	3/12/24
Bosu Blast	18 +	Outdoor	Golden Community Park	Wednesday	4:00 pm	Playground	3/13/24
Slamball	18 +	Outdoor	Los Angeles Heights Park	Thursday	10:00 am	Playground	3/14/24
Walk Fit	18 +	Outdoor	Las Palmas Park	Tuesday	10:00 am	Playground	3/19/24
Bosu Blast	18 +	Outdoor	Golden Community Park	Wednesday	4:00 pm	Playground	3/20/24
Slamball	18 +	Outdoor	Los Angeles Heights Park	Thursday	10:00 am	Playground	3/21/24
Walk Fit	18 +	Outdoor	Las Palmas Park	Tuesday	10:00 am	Playground	3/26/24
Bosu Blast	18 +	Outdoor	Golden Community Park	Wednesday	4:00 pm	Playground	3/27/24
Slamball	18 +	Outdoor	Los Angeles Heights Park	Thursday	10:00 am	Playground	3/28/24

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
- STORM Trail Ride—the South Texas Off Road Mountain-Bikers (STORM) host a weekly trail ride that welcomes all skill levels. Participants should bring their own trail-worthy bike, helmet, and lights
- 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

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	
Martial Arts <i>Hosted by Ferrari Black Belt Academy</i>	6 +	Indoor	Harlandale Park	Tues / Wed / Thurs	6:30 pm	Harlandale Community Center	
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	
STORM Group Ride <i>Hosted by South Texas Off Road Mountain-Bikers</i>	18 +	Outdoor	McAllister Park	Thursday	6:30 pm	Turkey Roost Pavilion	For more information visit www.stormmtb.org 3/7 only
NEW! STORM Group Ride <i>Hosted by South Texas Off Road Mountain-Bikers</i>	18 +	Outdoor	O.P. Schnabel Park	Thursday	6:30 pm	Graff Pavilion	For more information visit www.stormmtb.org *No class 3/7
Volleyball Conditioning	9—17	Indoor	Joe Ward Park	Saturday	9:00 am	Joe Ward Community Center	
Volleyball Conditioning	9—12	Indoor	Normoyle Park	Saturday	1:30 pm	Normoyle Community Center	