



**Fitness in the park**

# January 2026

*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**  
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**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.
- Barbell Pump—is a full-body strength workout using barbells and weights to tone and build muscle. The class focuses on high-rep movement that boost 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 Kickboxing—is a high-intensity interval training class that consists of 20-second work intervals followed by 10-second recovery intervals for eight cycles. Exercises will include striking heavy bags.
- Bike Boot Camp—is a fusion class that combines cardio and strength training. Participants will alternate between cardio intervals on the bike and strength training exercises.
- 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
- Fit Camp—a total body workout that will include strength, cardio, and core exercises.

# Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Circuit Training	18 +	Outdoor	Monterrey Park	Monday	6:45 am	Outdoor basketball court	*No class 1/19
Interval Training	18 +	Indoor	Enrique Barrera Fitness Center	Monday	12:00 pm	Aerobics Studio	*No class 1/19
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	Participants must be 60 years of age or older *No class 1/19
Strength & Balance	18 +	Indoor	Lions Field Adult and Senior Center	Monday	3:30 pm	Lions Field Adult and Senior Center	*No class 1/19
Barbell Pump	18 +	Indoor	Enrique Barrera Fitness Center	Mon/ Wed	5:30 pm	Aerobics Studio	*No class 1/19
Fit Camp	18 +	Indoor	Garza Park	Monday	6:00 pm	Garza Community Center	*No class 1/5 & 1/19
Strength & Conditioning	18 +	Indoor	Normoyle Park	Monday	6:15 pm	Normoyle Community Center	*No class 1/5 & 19
Boot Camp	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	*No class 1/19
Circuit Training	18 +	Outdoor	Southside Lions Park	Tuesday	8:30 am	Outdoor fitness equipment	
FitLot Circuit Training	18 +	Outdoor	Normoyle Park	Tues / Thurs	10:00 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> *No class 1/1
Total Body Toning	18 +	Indoor	Woodlawn Lake Park	Tuesday	10:15 am	Berta Almaguer Dance Studio	*No class 1/1
Total Body Toning	18 +	Indoor	Joe Ward Park	Tues / Thurs	12:30 pm	Joe Ward Community Center	*No class 1/1 & 1/5
Total Body Toning	18 +	Indoor	Lions Field Adult and Senior Center	Tues / Thurs	3:30 pm	Lions Field Adult and Senior Center	
Tabata Kickboxing	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	6:15 pm	Multipurpose Room	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Tuesday	6:30 pm	Woodlawn Lake Gym	
Circuit Training	18 +	Outdoor	Arnold Park	Wednesday	8:30 am	Outdoor fitness equipment	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Wednesday	6:30 pm	Woodlawn Lake Gym	

# More Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Pilates	18 +	Indoor	Woodlawn Lake Park	Wednesday	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>
Strength & Balance	18 +	Indoor	Commander's House Adult and Senior Center	Wednesday	9:30 am	Commander's House Adult and Senior Center	
Circuit Training	18 +	Indoor	Enrique Barrera Fitness Center	Wednesday	12:00 pm	Aerobics Studio	
Circuit Training	18 +	Indoor	Lions Field Adult and Senior Center	Wednesday	3:30 pm	Lions Field Adult and Senior Center	
Circuit Training	18 +	Outdoor	Cuellar Park	Thursday	6:45 am	Outdoor basketball court	<b>*No class 1/1</b>
Circuit Training	18 +	Outdoor	Kennedy Park	Thursday	8:30 am	Walking trail	<b>*No class 1/1</b>
Strength & Balance	18 +	Indoor	Lackland Terrace Park	Thursday	9:30 am	Gill Community Center	<b>*No class 1/1</b>
Circuit Training	18 +	Outdoor	Bonnie Conner Park	Thursday	5:30 pm	Igo Library parking lot	<b>*No class 1/1</b>
Bike Boot Camp	18 +	Outdoor	Enrique Barrera Fitness Center	Thursday	6:00 pm	Aerobics Studio	<b>*No class 1/1</b>
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	<b>*No class 1/1</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	Woodlawn Lake Gym	
SPEAR Training	18 +	Outdoor	McAllister Park	Saturday	9:00 am	Turkey Roost Pavilion	<b>*No class 1/31</b>
Boot Camp	18 +	Outdoor	Rainbow Hills Park	Saturday	9:00 am	Pavilion	<b>*No class 1/3</b>
Circuit Training	18 +	Outdoor	McAllister Park	Saturday	10:00 am	Turkey Roost Pavilion	<b>*No class 1/31</b>
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**

- AB Express – A quick, high-energy class, focused on strengthening and toning the core muscles through a variety of abdominal exercises. This class helps improve posture, stability, and overall core strength for all fitness levels.
- 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

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
AB Express	18 +	Outdoor	Bonnie Conner Park	Thursday	5:00 pm	Igo Library parking lot	*No class 1/1
Core Training	18 +	Outdoor	Rainbow Hills Park	Saturday	10:00 am	Pavilion	*No class 1/3
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.
- Escentrics—is a unique partner class that dynamically combines strength and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely.
- 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.
- Yoga Flow & Stretch—is a mindful movement experience that combines gentle, flowing movements with deep and restorative stretches. Perfect for all levels, this class is a welcoming space to release tension and improve flexibility.

# Flexibility & Mindfulness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Tai Chi / Qigong	18 +	Indoor	Encino Library	Monday	1:00 pm	Encino Library	*No class 1/19
Yoga	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Gym	*No class 1/19
Fit & Flex	18 +	Indoor	Commander's House Adult and Senior Center	Tues / Thurs	10:30 am	Commander's House Adult and Senior Center	*No class 1/1
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 Sculpt	18 +	Indoor	Barbara "Robbie" Robinette Community and Senior Center	Wednesday	6:30 pm	Barbara "Robbie" Robinette Community and Senior Center	
Gentle Yoga <i>Hosted by DHS</i>	60 +	Indoor	District 2 Senior Center	Thursday	1:00 pm	District 2 Senior Center	Participants must be 60 years of age or older *No class 1/1
Essentrics	18 +	Indoor	Joe Ward Park	Friday	11:00 am	Joe Ward Community Center	*No class 1/2
Yoga	18 +	Indoor	Woodlawn Lake Park	Saturday	8:00 am	Woodlawn Gym	
Heartfulness Meditation	15 +	Indoor	Igo Library	Saturday	10:00 am	Igo Library	
Yoga Flow & Stretch	18 +	Indoor	Encino Library	Saturday	10:00 am	Encino Library	
Yoga <i>Hosted by the MNMyoga Counseling and Consulting, PLLC</i>	18 +	Outdoor	Brook Hollow Library	Sunday	10:30 am	Brook Hollow Library	
Heartfulness Meditation	18 +	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**

- Wheatley Heights Sports Complex—offers a 9-lane track, open to the community to stay active and energized!
- 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!
- Spin—Ride to the beat of motivating music in this fun, low-impact indoor cycling workout. Perfect for all fitness levels, you'll build endurance, strength, and confidence on the bike.
- Cardio Kickboxing— is a high-energy fitness workout that blends martial arts inspired movements such as punches, kicks, and knee strikes with aerobic exercise.
- Step Aerobics—is an up-tempo way to get your heart pumping and stay fit! Participants use a raised platform to step up and down to a choreographed routine and burn the calories away.

# Cardio

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Free Community Track Use	18 +	Outdoor	Wheatley Heights Sports Complex	Mon—Fri	8:00 am—10:00 am	Walking track	*No class 1/1 & 1/19
Drum Fitness	18 +	Indoor	Joe Ward Park	Monday	10:30 am	Joe Ward Community Center	*No class 1/5 & 1/19
Drum Fitness	18 +	Indoor	Lackland Terrace Park	Mon / Wed	10:30 am	Gill Community Center	*No class 1/19
Drum Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Tues / Thurs	9:30 am	Commander's House Adult and Senior Center	
Spin	18 +	Indoor	Enrique Barrera Fitness Center	Tues / Thurs	11:15 am	Aerobics Studio	
Cardio Kickboxing	18 +	Indoor	Enrique Barrera Fitness Center	Tues / Thurs	12:15 pm	Aerobics Studio	
Step Aerobics	18 +	Indoor	Copernicus Park	Wednesday	5:30 pm	Copernicus Community Center	
Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Friday	12:00 pm	Aerobics Studio	

## 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	Barbara "Robbie" Robinette Community and Senior Center	Monday	6:30 pm	Barbara "Robbie" Robinette Community and Senior Center	*No class 1/5 & 1/19
Zumba	18 +	Indoor	Normoyle Park	Mon / Wed / Thurs	7:00 pm	Normoyle Community Center	*No class 1/5 & 1/19
Zumba	18 +	Indoor	Southside Lions Park	Monday	7:00 pm	Ramon V. Quintero Community Center	*No class 1/5 & 1/19
Zumba	18 +	Indoor	LBJ Park	Monday	7:00 pm	Hamilton Community Center	*No class 1/5 & 1/19
<b>NEW!</b> Zumba <i>Hosted by San Antonio Sports Activate</i>	18 +	Indoor	West End Park	Tuesday	6:00 pm	Frank Garrett Multi-Service Center	*No class 1/6
Zumba	18 +	Indoor	Harlandale Park	Tuesday	6:30 pm	Harlandale Community Center	
<b>Zumba</b> <i>Hosted by Community First Health Plans</i>	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	5:00 pm	Aerobics Studio	*No class 1/1
<b>NEW!</b> Zumba <i>Hosted by San Antonio Sports Activate</i>	18 +	Indoor	Joe Ward Park	Thursday	6:15 pm	Joe Ward Community Center	*No class 1/8
Zumba	18 +	Indoor	Southside Lions Park	Thursday	6:30 pm	Ramon V. Quintero Community Center	*No class 1/1
<b>Zumba Gold</b> <i>Hosted by the Department of Human Services</i>	60 +	Indoor	Normoyle Park	Friday	8:00 am	Normoyle Community Center	Participants must be 60 years of age or older
Zumba	18 +	Indoor	Palm Heights Park	Saturday	10:15 am	Palm Heights Center	
Zumba	18 +	Indoor	Normoyle Park	Saturday	10:00 am	Normoyle Community Center	*No class 1/3

## 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 Cardio, 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!
- **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.

# Dance Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Hip Hop Dance	12 +	Indoor	Copernicus Park	Monday	7:00 pm	Copernicus Community Center	1/12 only
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>
<b>NEW!</b> Line Dance	18 +	Indoor	West End Park	Tuesday	12:30 pm	Frank Garrett Multi-Service Center	<b>*No class 1/6</b>
Line Dance	18 +	Indoor	West End Park	Tuesday	6:30 pm	Frank Garrett Multi-Service 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	6 +	Indoor	Woodard Park	Wednesday	6:00 pm	Woodard Community Center	
Hip Hop Dance	12 +	Indoor	LBJ Park	Wednesday	7:00 pm	Hamilton Community Center	1/7 & 1/14 only
Dance Fitness	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	<b>*No class 1/1</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 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.

# Net Sports

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Pickleball 101 <i>Hosted by San Antonio Pickleball Association</i>	18 +	Outdoor	Fairchild Park	Wednesday	9:00 am	Fairchild Tennis Center courts 10-11	Registration recommended. For more information visit <a href="http://www.sanantoniopickleball.org">www.sanantoniopickleball.org</a>
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 1/1</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 Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Lap Swim	18 +	Indoor	Atanacio Garcia Natatorium	Mon / Wed / Fri	10:00 am—11:00 am	Recreation pool	*No class 1/19
Water Aerobics	18 +	Indoor	Atanacio Garcia Natatorium	Mon / Wed	12:00 pm	Recreation pool	*No class 1/19
Aqua Board HIIT	18 +	Outdoor	Atanacio Garcia Natatorium	Monday	6:30 pm	Recreation pool	*No class 1/19
Water Walking	18 +	Indoor	Atanacio Garcia Natatorium	Tues / Thurs	10:00 am—11:00 am	Recreation pool	*No class 1/1, 1/15 & 1/29
Water Aerobics	18 +	Indoor	Atanacio Garcia Natatorium	Tuesday	6:30 pm	Recreation pool	
Aqua Zumba	18 +	Indoor	Atanacio Garcia Natatorium	Wednesday	6:30 pm	Recreation pool	
Aqua Combat	18 +	Indoor	Atanacio Garcia Natatorium	Thursday	6:30 pm	Recreation pool	*No class 1/1
Aqua Combat	18 +	Indoor	Atanacio Garcia Natatorium	Friday	12:00 pm	Recreation pool	
Aqua Zumba	18 +	Indoor	Atanacio Garcia Natatorium	Friday	6:30 pm	Recreation pool	
Aqua Board HIIT	18 +	Indoor	Atanacio Garcia Natatorium	Saturday	11:30 am	Recreation 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!**

- 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	Miller's Pond Park	Monday	8:30 am	Outdoor basketball court	1/5
Circuit Training	18 +	Outdoor	Copernicus Park	Tuesday	6:45 am	Walking trail	1/6
Circuit Training	18 +	Outdoor	Heritage Duck Pond	Wednesday	6:45 am	Outdoor basketball court	1/7
Circuit Training	18 +	Outdoor	Miller's Pond Park	Monday	8:30 am	Outdoor basketball court	1/12
Circuit Training	18 +	Outdoor	Copernicus Park	Tuesday	6:45 am	Walking trail	1/13
Circuit Training	18 +	Outdoor	Heritage Duck Pond	Wednesday	6:45 am	Outdoor basketball court	1/14
Circuit Training	18 +	Outdoor	Copernicus Park	Tuesday	6:45 am	Walking trail	1/20
Circuit Training	18 +	Outdoor	Heritage Duck Pond	Wednesday	6:45 am	Outdoor basketball court	1/21
Circuit Training	18 +	Outdoor	Miller's Pond Park	Monday	8:30 am	Outdoor basketball court	1/26
Circuit Training	18 +	Outdoor	Copernicus Park	Tuesday	6:45 am	Walking trail	1/27
Circuit Training	18 +	Outdoor	Miller's Pond Park	Monday	8:30 am	Outdoor basketball court	1/28

## **Class Descriptions: Woodlawn Fitness Hub**

**The Woodlawn Fitness Hub is the home for a variety of Fitness in the Park classes to choose from every weeknight. There's something for everybody and every goal at the Woodlawn Fitness Hub!**

- Boot Camp—classes are moderate to high intensity and designed to build strength and cardio fitness levels
- Yoga—classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions.
- Fit Camp—a total body workout that will include strength, cardio, and core exercises.
- 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.
- Pilates—focuses on improving strength, flexibility, and body awareness through controlled movements and stretches
- SPEAR Training—(Strength, Power, Endurance and Resistance) training classes follow the CrossFit methodology and are constantly varied functional movements performed at high intensity.
- Dance Fitness—classes will combine multiple dance styles to get participants moving and grooving while burning calories!

# Woodlawn Fitness Hub

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Boot Camp	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	*No class 1/19
Yoga	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	*No class 1/19
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Tuesday	6:30 pm	Woodlawn Lake Gym	
Flexibility & Mobility	18 +	Indoor	Woodlawn Lake Park	Tuesday	7:30 pm	Woodlawn Lake Gym	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Wednesday	6:30 pm	Woodlawn Lake Gym	
Pilates	18 +	Indoor	Woodlawn Lake Park	Wednesday	7:30 pm	Woodlawn Lake Gym	
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	*No class 1/1
Dance Fitness	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	*No class 1/1
Pilates	18 +	Indoor	Woodlawn Lake Park	Friday	9:15 am	Woodlawn Lake Gym	
Yoga	18 +	Indoor	Woodlawn Lake Park	Saturday	8:00 am	Woodlawn Lake Gym	

## **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.

# Unique Opportunities & Sport Specific Training

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Martial Arts <i>Hosted by Ferrari Black Belt Academy</i>	6 +	Indoor	Harlandale Park	Tues / Thurs	6:00 pm	Harlandale Community Center	*No class 1/1
Basketball Conditioning	7—15	Indoor	West End Park	Mon / Thurs	6:30 pm	Frank Garrett Multi-Service Center	*No class 1/1, 1/5 & 1/19
Volleyball Conditioning	9—12	Indoor	Normoyle Park	Saturday	1:30 pm	Normoyle Community Center	