Fitness in the park

August 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

www.SA.Gov/Parks

CITY OF SAN ANTONIO TEXAS

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.
- Body Weight Training—is full-body workout that uses your own body as resistance to build strength, improve endurance, and increase mobility—no equipment needed.
- 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.
- 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.
- 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.
- SPEAR Training—(Strength, Power, Endurance and Resistance) training classes follow the CrossFit methodology and are constantly varied functional movements performed at high intensity.
- Mommy & Me Pilates—focuses on improving strength, flexibility, and body awareness through controlled movements and stretches for adults and children.

Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Interval Training	18 +	Indoor	Enrique Barrera Fitness Center	Monday	11:30 am	Aerobics Studio	
Strength & Conditioning ***Hosted by the Department of Human Services***	60 +	Indoor	District 2 Senior Center	Monday	2:00 pm	District 2 Senior Center	*Participants must be 60 years of age or older*
Barbell Pump	18 +	Indoor	Enrique Barrera Fitness Center	Mon/ Wed	5:30 pm	Aerobics Studio	
Strength & Conditioning	18 +	Indoor	Normoyle Park	Monday	6:15 pm	Normoyle Community Center	
Boot Camp	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	
Total Body Toning	18 +	Indoor	Woodlawn Lake Park	Tuesday	10:15 am	Berta Almaguer Dance Studio	
FitLot Circuit Training	18 +	Outdoor	Normoyle Park	Tuesday	9:00 am	FitLot Outdoor Fitness Equipment	For more information visit www.fitlot.org/parks/san-antonio
Total Body Toning	18 +	Indoor	Granados Adult and Senior Center	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	
NEW Strength & Conditioning	18 +	Indoor	Denman Estate Park	Tues/ Thurs	6:30 pm	Open field in front of Denman Estate	
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	
Strength & Conditioning ***Hosted by the Department of Human Services***	60 +	Indoor	District 2 Senior Center	Wednesday	9:00 am	District 2 Senior Center	*Participants must be 60 years of age or older*
Circuit Training	18 +	Outdoor	Arnold Park	Wednesday	9:00 am	Outdoor fitness equipment	

More Strength

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Circuit Training	18 +	Indoor	Lions Field Adult and Senior Center	Wednesday	3:30 pm	Lions Field Adult and Senior Center	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Wednesday	6:30 pm	Woodlawn Lake Gym	
Circuit Training	18 +	Outdoor	Cuellar Park	Thursday	9:00 am	Outdoor basketball court	
Strength & Balance	18 +	Indoor	Lackland Terrace Park	Thursday	9:30 am	Gill Community Center	
Boot Camp	18 +	Outdoor	Enrique Barrera Fitness Center	Thursday	6:00 pm	Aerobics Studio	
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
Total Body Toning	18 +	Indoor	Lions Field Adult and Senior Center	Friday	9:00 am	Lions Field Adult and Senior Center	
Mommy & Me Pilates	6 mos. +	Indoor	Woodlawn Lake Park	Friday	9:15 am	Woodlawn Lake Gym	***No class 8/28**
SPEAR Training	18 +	Outdoor	McAllister Park	Saturday	9:00 am	Turkey Roost Pavilion	
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

- Equilibrium— class improves flexibility, mobility, and core strength through simple, active movements while promoting proper breathing and body awareness.
- CoRE—class is combination of core training exercise with respiratory endurance exercise. Be prepared to get a total core workout.
- Core Training—class 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
Equilibrium	18 +	Indoor	Woodlawn Lake Park	Tuesday	7:30 pm	Woodlawn Lake Park	
CoRE	18 +	Indoor	Woodlawn Lake Park	Wednesday	7:30 pm	Woodlawn Lake Park	
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.
- Essentrics—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	
Yoga	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Gym	
Fit & Flex	18 +	Indoor	Lackland Terrace Park	Tuesday	9:30 am	Gill Community Center	
Yoga	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	5:00 pm	Aerobics Studio	
Yoga Sculpt	18 +	Indoor	Barbara "Robbie" Robinette Community and Senior Center	Wednesday	6:30 pm	Barbara "Robbie" Robinette Community and Senior Center	
Gentle Yoga ***Hosted by DHS***	60 +	Indoor	District 2 Senior Center	Thursday	1:00 pm	District 2 Senior Center	*Participants must be 60 years of age or older*
Essentrics	18 +	Indoor	Granados Adult and Senior Center	Friday	11:00 am	Granados Adult and Senior Center	
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 ***Hosted by the MNMyoga Counseling and Consulting, PLLC***	18 +	Outdoor	Blossom Park	Sunday	9:00 am	Open field	
Yoga ***Hosted by Clear Light Coffee Co.***	18 +	Outdoor	Walker Ranch Park	Sunday	9:00am	Pavilion	
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!

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	
Drum Fitness	18 +	Indoor	Granados Adult and Senior Center	Monday	10:30 am	Granados Adult and Senior Center	
Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Monday	6:00pm	Aerobics Studio	
Drum Fitness	18 +	Indoor	Lackland Terrace Park	Mon / Wed	10:30 am	Gill Community Center	
Drum Fitness	18 +	Indoor	Granados Adult and Senior Center	Wednesday	11:00 am	Granados Adult and Senior 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 +	Indoor	Normoyle Park	Mon /Wed/ Thurs	7:00 pm	Normoyle Community Center	
Zumba	18 +	Indoor	Southside Lions Park	Monday	6:30 pm	Ramon V. Quintero Community Center	
Zumba	18 +	Indoor	LBJ Park	Monday	6:30 pm	Hamilton Community Center	
NEW Zumba	18 +	Indoor	Wheatly Heights Sports Complex	Tuesdays	6:00 pm	Event Center	
Zumba	18 +	Indoor	Harlandale Park	Tuesday	6:30 pm	Harlandale Community Center	
Zumba ***Hosted by Community First Health Plans***	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	5:00 pm	Aerobics Studio	
Zumba ***Hosted by San Antonio Sports Activate***	18 +	Indoor	Joe Ward Park	Thursday	6:15 pm	Joe Ward Community Center	
Zumba	18 +	Indoor	Southside Lions Park	Thursday	6:30 pm	Ramon V. Quintero Community Center	
Zumba Gold ***Hosted by the Department of Human Services***	60 +	Indoor	Normoyle Park	Friday	8:00 am	Normoyle Community Center	
Zumba	18 +	Indoor	Normoyle Park	Saturday	10:00 am	Normoyle Community Center	
Zumba	18 +	Indoor	Palm Heights	Saturday	10:15 am	Palm Heights Community Center	Only 8/1 & 8/8

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	
Cardio Dance ***Hosted by the Department of Human Services***	60 +	Indoor	District 2 Senior Center	Tuesday	10:30 am	District 2 Senior Center	*Participants must be 60 years of age or older*
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	
Dance Fitness	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	

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 ***Hosted by San Antonio Pickleball Association***	18 +	Outdoor	Fairchild Park	Wednesday	9:00 am	Fairchild Tennis Center courts 10-11-12	Registration recommended. For more information visit www.sanantoniopickleball.org
Pickleball 101 ***Hosted by San Antonio Pickleball Association***	18 +	Outdoor	Fairchild Park	Wednesday	6:30 pm	Fairchild Tennis Center courts 5-6	Registration recommended. For more information visit www.sanantoniopickleball.org Only 8/5 & 8/19
Beginner Tennis ***Hosted by SATA***	4 –16	Outdoor	San Pedro Springs Park	Thursday	6:00 pm	McFarlin Tennis Center courts 14-16	Registration recommended. For more information visit www.satennis.com Only 8/6 & 8/20
Beginner Tennis ***Hosted by SATA***	17 +	Outdoor	San Pedro Springs Park	Thursday	6:45 pm	McFarlin Tennis Center courts 14-16	Registration recommended. For more information visit www.satennis.com Only 8/6 & 8/20
Pickleball	10 +	Indoor	LBJ Park	Saturday	10:00 am	Lou Hamilton Community Center	
Pickleball	10 +	Indoor	Palm Heights Park	Saturday	2:00 pm	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.
- Aqua Fitness— is a water class that combines cardiovascular exercise, strength training, balance, and flexibility movements to improve overall fitness while reducing stress on the joints.
- Healthy Hearts Aqua Fitness—is a low-impact water class that improves cardiovascular endurance and strength. Participants follow guided movements in the pool for an effective, joint-friendly workout.
- 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 Slow Flow—A low-impact water workout that uses slow, controlled movements to improve flexibility, balance, and strength. The water provides natural resistance while reducing stress on joints, making it ideal for all fitness levels.

Indoor Aqua Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Healthy Hearts Aqua Fitness	18 +	Indoor	Atanacio Garcia Natatorium	Mon—Fri	10:00 am—11:00 am	Recreation pool	
Lap Swim	18 +	Indoor	Atanacio Garcia Natatorium	Mon / Wed / Fri	10:00 am—11:00 am	Recreation pool	
Water Aerobics	18 +	Indoor	Atanacio Garcia Natatorium	Mon / Wed	12:00 pm	Recreation pool	
Aqua Board HIIT	18 +	Outdoor	Atanacio Garcia Natatorium	Monday	6:30 pm	Roosevelt Pool	***No class 8/3**
Aqua Fitness	18+	Indoor	Atanacio Garcia Natatorium	Tuesday	6:30 pm	Recreation pool	
Water Walking	18 +	Indoor	Atanacio Garcia Natatorium	Tues / Thurs	10:00 am—11:00 am	Recreation pool	
Aqua Zumba	18 +	Outdoor	Atanacio Garcia Natatorium	Wednesday	6:30 pm	Recreation pool	***No class 8/5**
Aqua Combat	18 +	Indoor	Atanacio Garcia Natatorium	Thursday	6:30 pm	Recreation pool	***No class 8/6**
Aqua Combat	18 +	Indoor	Atanacio Garcia Natatorium	Friday	12:00 pm	Recreation pool	
Aqua Zumba	18 +	Outdoor	Atanacio Garcia Natatorium	Friday	6:30 pm	Recreation pool	***No class 8/7**
Healthy Hearts Aqua Fitness	18 +	Indoor	Atanacio Garcia Natatorium	Saturday	11:00 am	Recreation pool	
Aqua Board HIIT	18 +	Indoor	Atanacio Garcia Natatorium	Saturday	11:30 am	Recreation pool	

Outdoor Aqua Fitness

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Aqua Board HIIT	18 +	Outdoor	Roosevelt Park	Monday	6:30pm	Roosevelt Pool	8/3 only
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	
Aqua Combat	18 +	Outdoor	Concepcion Park	Tuesday	6:30pm	Concepcion Pool	8/4 only
Aqua Zumba	18 +	Outdoor	San Pedro Spring Park	Wednesday	6:30pm	San Pedro Spring Park	8/5 only
Water Aerobics	18 +	Outdoor	Fairchild Park	Thursday	6:30pm	Fairchild Pool	8/6 only
Aqua Slow Flow	18 +	Outdoor	Kingsborough Park	Friday	6:30pm	Kingsborough Park	8/7 only
Aqua Zumba	18 +	Outdoor	Dellview Park	Friday	6:30pm	Dellview Pool	8/7 only
Aqua Rhythms	18 +	Outdoor	LBJ Park	Saturday	1:15pm	LBJ Pool	8/8 only
Aqua Rhythms	18 +	Outdoor	Kingsborough Park	Saturday	1:15pm	Kingsborough Park	8/15, 8/22, 8/29 only
Aqua Board Yoga	18 +	Outdoor	Roosevelt Park	Sunday	1:00pm	Roosevelt Pool	8/9 only
Aqua Board Yoga	18 +	Outdoor	San Pedro Spring Park	Sunday	1:00pm	San Pedro Spring Park	8/16, 8/23, 8/30 only

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.
- Equilibrium— class improves flexibility, mobility, and core strength through simple, active movements while promoting proper breathing and body awareness.
- CoRE—class is combination of core training exercise with respiratory endurance exercise. Be prepared to get a total core workout.
- Mommy & Me Pilates—focuses on improving strength, flexibility, and body awareness through controlled movements and stretches for adults and children.
- 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	
Yoga	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Tuesday	6:30 pm	Woodlawn Lake Gym	
Equilibrium	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	
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
Dance Fitness	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	
Mommy & Me Pilates	6 mos. +	Indoor	Woodlawn Lake Park	Friday	9:15 am	Woodlawn Lake Gym	***No class 8/28**
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 ***Hosted by Ferrari Black Belt Academy***	6 +	Indoor	Harlandale Park	Tues / Thurs	6:00 pm	Harlandale Community Center	
Basketball Conditioning	7– 15	Indoor	West End Park	Mon/ Thurs	6:00 pm	Frank Garrett Multi Service Center	
Volleyball Conditioning	9—12	Indoor	Normoyle Park	Saturday	1:30 pm	Normoyle Community Center	