

CURREY TRAILHEAD

Lunch Time Walk

Program design to encourage the community to walk anytime on Friday's from 12:00 - 2:00 pm along planned walking routes on Boerne's Currey Trail. Check in at the Boerne Parks & Recreation Office, 1017 Adler Street and then start your walk at the nearby Currey Trailhead.

Weekly Outdoor Workout

Your parks and rec team will be posting weekly workouts that can be done using the trail and the multi-station that is along the trail.

Boerne Parks & Recreation
1017 Adler Rd
Boerne, TX 78006
830-248-1635

GET FIT BOERNE

GRIND HOUSE TRAINING

All classes are shorts and t-shirts with exception of Gi jiu-jitsu

No shoes on mma mat

Waivers must be filled out at front desk

Preregistration or notification preferred via email or calling the gym.

Most classes run about an hour.

Offering multiple classes that will challenge you aerobically and anaerobically. Open to all participants from beginner to advanced. Come try out a class and join the community.

Boot camp

5:30am Monday - Thursday

8:30am Monday - Friday

12:00pm Monday/Wednesday/Friday

Strength and conditioning

Spin

4:30pm Monday

6:30am Tuesday/Thursday

Cycling shoes not required

Youth Wrestling

4:30pm Tuesday/Thursday

Youth BJJ

4:30pm Monday/Wednesday

Gi preferred but can try without.

Youth kickboxing

4:30 pm Tuesday/ Thursday

Boxing/Muay Thai gloves

Striking, kicks, elbows, knees. Some general self-defense.

Youth boxing

5:30pm Tuesday/Thursday

Boxing/ Muay Thai gloves

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Adult boxing

6:30pm Tuesday/Thursday

Boxing/Muay Thai gloves

Adult MMA beginner

5:30 pm Monday/Wednesday/Thursday

Boxing/Muay Thai gloves. Striking, kicks, elbows, knees, takedowns plus conditioning

Adult MMA advanced

6:30 pm Monday/Thursday

*** must have prior experience

Adult Brazilian Jiu-Jitsu Gi

5:30 pm Tuesday/Friday

2:00pm Sunday

Gi preferred, submissions, chokes, takedowns, learning positional strategies.

Adult Brazilian Jiu-Jitsu Nogi

6:30 pm Wednesday

Submissions, chokes, takedowns, positional strategies without the Gi.

Adult Self-defense

Saturdays at 12:00pm

Real world strategies for real world situations.

PATRICK HEATH PUBLIC LIBRARY

Get Fit Boerne 2022 – Adult Programs, Patrick Heath Public Library

Wellness Wednesdays at the Library – April 6, 13, 20, & 27 at 12:00pm

Join us on a journey of wellness and learn about different topics ranging from fitness, aromatherapy, and resources for caregivers.

April 1 – Tai Chi with Gigong 10:00am

Join Lavada Smith for an hour of calming gentle movement. Chair use okay; wear anything comfortable.

April 6- ZUMBA 12:00pm Amphitheater

Come try ZUMBA with Katie Meuth!

April 7- Yoga with nonprofit Yoga Day 12:00pm Northrup Park Pavillion

Join Yoga Day Director Kristen Baggett for an hour of gentle, introductory yoga.

April 8– Tai Chi with Gigong 10:00am

Join Lavada Smith for an hour of calming gentle movement. Chair use okay; wear anything comfortable.

April 12 – Sound Meditation with Steve Daniel 7:30pm

Come enjoy a calming and relaxing session of sound meditation in our community room.

April 15 – Tai Chi with Gigong 10:00am

Join Lavada Smith for an hour of calming gentle movement. Chair use okay; wear anything comfortable.

April 21- Yoga with nonprofit Yoga Day 12:00pm Northrup Park Pavillion

Join Yoga Day Director Kristen Baggett for an hour of gentle, introductory yoga.

April 22 – Tai Chi with Gigong 10:00am

Join Lavada Smith for an hour of calming gentle movement. Chair use okay; wear anything comfortable.

April 29 – Tai Chi with Gigong 10:00am

Join Lavada Smith for an hour of calming gentle movement. Chair use okay; wear anything comfortable.

YOUTH

Get Fit with Batman

10:30am Saturday April 30th

Our “Get Fit with Batman” party features fun 50’s activities such as hula hoops and pogo sticks for the children. Plus, a visit with Batman!

Patrick Heath Public Library

451 N Main St, Boerne, TX 78006

(830)-249-3053

BOERNE YMCA

The YMCA will be offering 2 sessions on the weekly. Each participant must fill out a guest waiver each time. Only 21 spots are available please arrive early to secure a spot. Bring water bottles and wear closed toe shoes.

Zumba

6:30pm Wednesdays

This is a total body workout that combines all elements of fitness- cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome each time you leave class!

LES MILLS BODY COMBAT

6:30pm Thursdays

A high-energy, non-contact, martial arts inspired workout. Please bring your own mat!

820 Adler Rd.

830-815-1040

www.ymcastx.org

Airrosti

April 6th Health on the Move Presentation 12:30pm-1:30pm

Educational workshop focused on addressing the common conditions contributing to lower body pain while providing use prevention and recovery methods.

April 13th Complimentary Injury Assessments 12:00pm-1:30pm

Complimentary one-on-one assessments that include thorough evaluation, injury education, recovery options, and appropriate self-care exercises. Estimated 15-min each

Fit4Mom

Stroller Barre

9:30am-10:30am April 4, 11, 18, & 25 at Boerne City Park

Stroller Barre is a unique blend of ballet, Pilates, barre, yoga and stroller-based exercise incorporated with everything our moms love about Stroller Strides. Designed to help moms build strength and muscle tone and improve posture all while their little ones are in tow.

Stroller Strides

9:30am-10:30am April 5, 12, 19, & 26 at Boerne City Park

Stroller Strides is a total fitness program that moms can do with their stroller age children. It includes power walking or running and intervals using exercise tubing, the stroller, and the environment. It is a great workout for any level of exerciser. Stroller Strides weave songs and activities into the routine designed to entertain and engage the kiddos.

Strides 360

9:30am-10:30am April 6, 13, 20, & 27 at Boerne City Park

Strides 360 promises a heart-pumping workout designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through mom life. Bodyweight conditioning is strategically placed to provide recovery, strength and round out your workout. It's for any mom interested in a workout that can be as hard as you need it to be on your good days, or it can be scaled back on days you're not sure how you made it out the door! The hour will fly by and leave you energized for the rest of your day!

Stroller Strides

9:30am-10:30am April 7, 14, 21, & 28 at Boerne City Park

Stroller Strides is a total fitness program that moms can do with their stroller age children. It includes power walking or running and intervals of strength and body toning exercises using exercise tubing, the stroller, and the environment. It is a great workout for any level of exerciser. Stroller Strides instructors weave songs and activities into the routine designed to entertain and engage the kiddos, while moms are led through a series of exercises specific to her role as mom.

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