

# **CURREY TRAILHEAD**

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**Lunch Time Walk is a 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.**

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

**GET FIT BOERNE**  
**Grind House Training**

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**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.**

Boot camp - 5:30am Monday - Thursday / 8:30am Monday - Friday /12:00pm M/W/F

Strength and conditioning

Spin - 6:30am Tues/Wed /Thurs

Cycling shoes not required

Strike Fit- starts April 13th!

Tuesday/Thursday 9:45 am

Gloves preferred - 50% heavy bag work with strength and conditioning

Youth BJJ - Mon/Wed 4:30pm Gi preferred but can try without.

Youth kickboxing -Tuesday/ Thursday

4:30 pm

Boxing/Muay Thai gloves

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

Youth boxing -Tuesday/Thursday 5:30pm

Boxing/ Muay Thai gloves

Adult boxing -Tuesday/Thursday 6:30pm

Boxing/Muay Thai gloves

Adult MMA beginner -M/Wed/Thurs 5:30 pm

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

Adult MMA advanced -M/Th 6:30 pm

\*\*\* must have prior experience

Adult Brazilian Jiu-Jitsu Gi -Tues/Friday at 5:30 pm. Sunday 2:00pm Gi preferred, submissions, chokes, takedowns, learning positional strategies.

Adult Brazilian Jiu-Jitsu Nogi -Wed 6:30 pm  
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**

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### **Get Fit Boerne 2021 – Adult Programs, Patrick Heath Public Library**

Wellness Wednesdays at the Library. Join us on a journey of wellness through the use of the library's new database Udemy. During these sessions, we'll explore health and wellness topics together and then teach you how to use Udemy to head off into your own exploration! These courses are free and we will work together via Zoom; if you want to access Udemy for future courses, all you'll need is a library card and a computer.

#### **April 7**

10 a.m. to 1 p.m. – *Flourish in Stressful Times with Tara Brach*. This is a two-hour course we will work through together, with time for discussion; plan to be present for any part of it or all of it.

#### **April 14**

10 a.m. to 1:00 p.m. -- *Sit Less, Move More with Dr. Paula Moore*. This is a 1.5-hour course we will work through together with time for discussion; plan to be present for any part of it or all of it.

#### **April 21**

10 am to 12 p.m. – *Health Masterclass: How to Transform your Health and Your Life with Brandon Hakim*. This is a 1-hour course we will work through together with time for discussion; plan to be present for any part of it or all of it.

April 28

10 a.m. to 1 p.m. – *Essentials of Green Smoothies with Evita Ochel*. This is a 2.5 hour course with a “take and make” included – register with the library and first 10 registrants can stop by the library for the ingredients to make one of the smoothies included in the course while we work through it together. You can plan to be present for any part of it or all of it.

**10:30 a.m -Tike Trike Race for Ages 2 & up**-Toddlers age 2 and up are invited to bring their trikes to the Main Plaza for a Tike Trike Race Little Listener Storytime special featuring a fun story, songs, and refreshments!

Patrick Heath Public Library  
451 N Main St, Boerne, TX 78006  
(830)-249-3053

## **STAND UP PADDLE BOARD**

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**If you paddle in these areas or this is your first time, come join us for an introduction of Stand Up Paddling. S.u.p has become the fastest growing sport in North America. It offers a full-body work out and is a great way to explore the waterways of South Texas. This one hour introduction is open to everyone. Bring water, towel and the sunscreen.**

**Fridays, April 2, 9, 13, 23, 30**

**5:00pm-6:00pm**

**Kyle Calvano**

**Boerne City Lake**

**[www.hillcountrypaddlesports.com](http://www.hillcountrypaddlesports.com)**

# CAMP GLADIATOR

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## **Camp Gladiator's Mission**

**To positively impact the physical fitness and ultimately the lives of as many people as possible.**

## **Outdoor Group Fitness**

**Conditioning – Mixed Focus/HIIT – Endurance – Strength & Agility**

### **Trainers:**

**Shiana Polite**

**Sergio Hernandez**

**Joseph**

**Mindy**

### **LOCATIONS:**

**Messiah Lutheran Church Pavillion, 9401 Dietz Elkhorn, Boerne Tx, 78006**

**Live Oak Shopping Center, 1024 North Main St, Boerne TX, 78006**

**Living Hope Church, 603 Frey St, Boerne Tx, 78006**

**Allen & Associates Law Firm, 12 Upper Balcones Rd, Boerne Tx, 78006**

**Agricultural Heritage Museum, 102 City Park Dr. Boerne, Tx 78006**

**Healing Place Church, 28703 I-10 W. Boerne, Tx 78006**

## **FIT4MOM**

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Monday, April 12th

Strides 360

9:30 a.m. - 10:30 a.m. 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!

Tuesday, April 13th

Stroller Strides

9:30 a.m. - 10:30 a.m. 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.

Tuesday, April 13th

FIT4BABY®

6:00p.m. - 7:00p.m. at 451 N Main St, Boerne, TX 78006

FIT4BABY® is designed specifically for moms-to-be. This program offers a 60-minute, full body workout in every class, including cardio, strength, core, balance, and flexibility training.

FIT4BABY® stands out from any other workout format because our instructors are specifically trained in prenatal fitness and every exercise is intentionally curated with prenatal considerations in mind. You can begin FIT4BABY® at any point during pregnancy as the workouts are scientifically- based and purposefully designed to accommodate mom's changing body, while following the most up-to-date ACOG guidelines. We ensure all exercises are achievable for any level of fitness at any stage of pregnancy. FIT4BABY® is meant to be an effective prenatal workout with mom + baby's safety and well-being at the forefront of our programming.

In addition to the physical benefits of FIT4BABY®, our classes offer a community for mamas to meet other women in the same stage of life.

Wednesday, April 14th

Stroller Barre

9:30 a.m. - 10:30 a.m. at Boerne City Park

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

Thursday April, 15th

Stroller Barre

9:30 a.m. - 10:30 a.m. at Boerne City Park

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Saturday, April 17th

Strides 360

8:30 a.m. - 9:30 a.m. at Roca Loca Lawn in Esperanza

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 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!

**Owner/Instructor of FIT4MOM Boerne/Fair Oaks Ranch**

**Kaylee Aulbaugh**

**(409) 429-8553**

[www.boerne.fit4mom.com](http://www.boerne.fit4mom.com)

## **BOERNE SOCCER CLUB**

### **FC THUNDER**

**FC Thunder Street Soccer enables young players to play soccer in an unstructured environment to develop key physical, social, technical and psychological skills.**

**Players are supervised by an FC Thunder coach, with teams and scrimmages organized to promote independence of play. FC Thunder Soccer Speed & Skills takes place:**

**Monday-Thursday, 4:30pm-5:30pm**

**106 City Park Rd Boerne Tx, 78006**

**Ages 11+**

# Crossfit Boerne

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**Join our incredible group of athletes for a very positive and supportive experience. We are a community of members with all levels of fitness abilities ranging from the elite athlete to the complete beginner. Here you will find the challenge that is right for you.**

**April 3, 10, 17, 24**

**8:00am-8:50am**

**CrossFit Boerne**

**30875 Interstate 10 W Frontage Road, Bldg. A, Suite 204 Boerne,  
Texas 78006  
(830) 431-8787**

GET FIT BOERNE