

## **Alamo Texercise ~ Recurring Activities**

Facility addresses below

### **Mondays**

- 8:00 – 8:45:00 a.m.** Walk in the Park\* – Lion’s Field Adult and Senior Center
- 9:00 – 10:00 a.m.** Exercise Class\* -- Lion’s Field Adult and Senior Center
- 5:30 - 6:00 p.m.** Hatha (active) Yoga Class – Lion’s Field Adult and Senior Center-  
*(\$40 for 8 weeks; starts September 25)*
- 6:00 – 7:00 p.m.** Kundalini (relaxation) Yoga Class –Lion’s Adult & Senior Center  
*(\$50 for 8 weeks; starts September 25; please pre-register)*
- 6:00 – 7:30 p.m.** Adult & Senior Self Defense-- Lion’s Field Adult and Senior Center  
*(\$20 for four sessions starting September 18; please pre-register)*

### **Tuesdays**

- 8:00 – 8:45:00 a.m.** Walk in the Park\* – Lion’s Field Adult and Senior Center
- 9:00 –10:00 a.m.** Exercise Class\* - Lion’s Field Adult and Senior Center
- 7:00 – 9:00 p.m.** Beginning Square Dance Class - Lion’s Field Adult and Senior Center  
*(\$2 fee per class)*

### **Wednesdays**

- 8:00 – 8:45:00 a.m.** Walk in the Park\* – Lion’s Field Adult and Senior Center
- 9:00 –10:00 a.m.** Exercise Class\* - Lion’s Field Adult and Senior Center
- 4:00 – 5:00 p.m.** Beginning Hula Class - Lion’s Field Adult and Senior Center  
*(\$2 fee per class)*
- 7:00 – 8:30 p.m.** Continuing Hula - Lion’s Field Adult and Senior Center  
*(\$2 fee per class)*

### **Thursdays**

- 8:00 – 8:45:00 a.m.** Walk in the Park\* – Lion’s Field Adult and Senior Center
- 9:00 –10:00 a.m.** Exercise Class\* - Lion’s Field Adult and Senior Center
- 10:30-11:30 a.m.** Beginning Hula Class - Lion’s Field Adult and Senior Center  
*(\$2 fee per class)*
- 2:00-4:00 p.m.** Line Dancing - Lion’s Field Adult and Senior Center  
*(\$2 fee per class)*

**Fridays**

- 8:00 – 8:45:00 a.m.** Walk in the Park\* – Lion’s Field Adult and Senior Center
- 9:00 –10:00 a.m.** Exercise Class\* - Lion’s Field Adult and Senior Center
- 7:30 – 9:45 p.m.** International Folk Dance - Lion’s Field Adult and Senior Center  
(*\$2 fee per class*)

***\*Free activity with Lion’s Field Adult & Senior Center membership (\$5 annual fee)***

**Facility addresses:**

**Lion’s Field Adult and Senior Center  
City of San Antonio Dept. of Parks and Recreation  
2809 Broadway  
San Antonio, Texas 78209  
Tele. 210-826-9041**