

BOERNE ADVENTURE BOOT CAMP

Whether you are a beginner, a runner, an avid fitness enthusiast, or just tired of your same four walls holding you in, come try this life transforming approach to exercise...fun!

Adventure Boot Camp is a four-week outdoor women's and coed fitness program that offers fitness instruction, nutritional tips and great motivation, packed with fun and energizing activities designed to help you reach your fitness and lifestyle goals.

Join Jeff Seale, voted Best Personal Trainer in Boerne for five years straight, and some of the most welcoming folks in Kendall County to completely transform your life into the lifestyle of your dreams.

Register at www.BoerneBootCamp.com
or call (830) 370-0218

GET FIT BOERNE
BOERNE YMCA

All classes are subject to change.

You must check in 15 minutes prior to class.

Visit www.ymcastx.org for class descriptions.

1361 S Main St.
830-815-1040
www.ymcastx.org

CrossFit Boerne

CrossFit Boerne is conveniently located and furnished with quality equipment. The 1700 square foot space features air conditioning and heating. In addition to the main workout area the building offers:

- Recreation Room- with television, dvd player, Wii games system, chalkboard, table and chairs
- Olympic weightlifting room- lifting platform and jerk blocks
- Lounge- couches, television, and cubby space
- Clean restrooms

109 Waterview Parkway, Suite 104
830-328-1960
www.crossfitboerne.com

GET FIT BOERNE

CURREY TRAILHEAD

Lunch Time Walk is a program design to encourage the community to walk anytime 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
830-249-9511 Opt. 5

KCJ VOLLEYBALL

We welcome anyone that is looking to Get Fit to any of our practices in the month of April. Volleyball is becoming a faster pace game every year and we work very hard in practice to ensure we push our girls to the limits.

Ages 10-11 April 10th 2pm-4pm Geneva School of Boerne MPB Gym

Ages 10-11 April 24th 4pm-6pm Geneva School of Boerne MPB Gym

Ages 12-13 April 3rd 4pm-6pm Geneva School of Boerne MPB Gym

Ages 12-13 April 24th 6pm-8pm Geneva School of Boerne MPB Gym

Ages 14 April 17th 4pm-6pm Geneva School of Boerne MPB Gym

Upon arriving at a practice you will get the opportunity to stretch and warm-up in a true team environment, you will see what pushing your body to it's limits is all at the same time you will have support from your peers as they will be going through the same great workout.

Depending on the age these practices are also designed to continue to build a team environment while progressing in their volleyball skills.

GET FIT BOERNE
PATRICK HEATH PUBLIC LIBRARY

Details on Lectures:

1st- TED Talks @ Noon in the conference room

2nd -Early morning Book Talk Walk @ 8:30am meet in front of the library

4th- On Marriage, Life Knots Therapy Center with Kayleigh Woolard @ noon in the conference room

5th-Medicinal and Edible Plants of Texas Hill Country with Daneshu @ noon in the conference room

6th-Nutritional Numbers (how to lose weight) with Mark LeBaron @ noon in the conference room

7th-Zumba/Bodyshred with Lisa Sallick @ noon in the community room

8th-TED talks @ noon in the conference room

11th- On Parenting, Life Knots Therapy center with Kayleigh Woolard @ noon in the conference room

12th- Effects of Alcohol and Caffeine with Mark LeBaron@ noon in the conference room

13th-Nutrition with Jennifer Adamson, Cooking Cottage @ noon in the conference room

- 14th-Fat Loss with Mark LeBaron @ noon in the conference room
- 15th-TED talks @ noon in the conference room
- 16th- Yoga with Rachel V on the lawn@ 11:00am in the community room
- 18th-Kidney Smart@ noon in the conference room
- 20th- How to Bulk Up with Mark LeBaron @ noon in the conference room
- 20th-Medicinal and Edible Plants of the Texas Hill Country with Daneshu @ 5:00pm in the library conference room
- 21st- Good Fats vs Bad Fats with Mark LeBaron @ noon in the conference room
- 22nd TED talks @ noon in the conference room
- 25th- Emotional Health with Dinah @ noon in the conference room
- 26th-Stress Relieving Coloring @ noon in the conference room
- 27th-Journaling Your Way To Health with Robin @ noon in the conference room
- 28th- Healthy Websites and Apps with Servando @ noon in the conference room
- 29th-TED talks @ noon in the conference room
- 30th- Early Morning Book Walk @ 8:30am meet in the front of the library

GET FIT WITH THE YOUTH SERVICES DEPARTMENT OF PATRICK HEATH PUBLIC LIBRARY

Fitness Fun Specials

Get Fit Kick-Off

Saturday, April 2, 11am Our library kicks off Get Fit Month with a toe-tapping performance by the Boerne Dance Dominion and Boerne Dance Center. {Library Community Room}

Healthy You—Healthy Air!

Tuesday, April 12, 3:15pm Councilwoman Nina Woolard will join our 1-2-3 Read-to-Me and share the wonderful new book, “Every Breath We Take.” Learn how to keep our world healthy so we can stay healthy too! {Library Youth Activity Room}

Nature Walk—Native Plant Talk

Tuesday, April 19, 3:15pm Members of the Native Plant Society of Texas will join our 1-2-3 Read-to-Me and treat us to a nature walk around our library grounds to learn all about some amazing plants. {Library Back Lawn}

Tike Trike Race

Wednesday and Thursday, April 28-29, 10:30am at the Main Plaza Gazebo
We invite our Little Listener storytime toddlers (age 2 and up) to bring their trikes to the Main Plaza for a fun morning of pint-sized pedaling. Special Police Officer Michael Pease will share safety tips too! {Main Plaza Gazebo}

Dia de Los Niños

Thursday, April 28, 6pm We partner with BISD and the Boerne Community Coalition to celebrate children. Learn about community services for family health and well-being while your children enjoy exciting activities. {Library Community Room and Back Lawn}

Let the Fitness Force Be with You!

Take our fitness challenge to become a Jedi Master. Stop by the Youth Department for a Jedi Log. Do all the requirements. Turn in your log by April 30 and get a Jedi Master Certificate and prize. PLUS be entered into a drawing for Star Wars fitness prizes!

Storytimes, Wednesdays and Thursdays {Library Youth Activity Room}

9:30am Wee Play for babies 0 to 2 years

10:30am Little Listeners for toddler 2 to 5 years
Afterschool and Weekly Programs {Library Youth Activity Room}
Mondays, 3:15pm
The Lounge for Grades 4-5
Tuesdays, 3:15pm
1-2-3 Read-to-Me for Grades 1-3
Wednesday, 4pm
Spanish Club for Grades K-5
Fridays, 10am
Beginning Ballet for ages 3-5 years

451 N Main St #100
830-249-3053
www.ci.boerne.tx.us

GET FIT BOERNE

RANDOLPH ROADRUNNERS

VOLKSSPORT CLUB- BOERNE WALK

Everyone will meet at the Comfort Inn on Norris Rd. at 8:00 am. It's a side street across the street from HEB. No preregistration; noncompetitive, family oriented, walk at your own pace along a predetermined route, dogs on a leash welcome.

Volksmarches are done for health and fitness. There will be written instructions plus group leaders. It is recommended all walkers carry water, but not a requirement.

Ellen Ott
210 - 723 – 8574

STAND UP PADDLE BOARD

If you paddle in these areas or this is your first time, come join us for an introduction of Stand Up Paddling. Sup 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.

Kyle Calvano
Boerne City Lake

www.hillcountrypaddlesports.com

GET FIT BOERNE
SPECIALIZED FITNESS BOERNE

Specialized Fitness has a program for you! We offer one-on-one personal training, bootcamps, speed, and agility classes for adults and children, along with nutrition planning.

31007 IH 10
Boerne, TX
www.specializedfit.com

ATHLETIC REPUBLIC BOERNE

Call ahead and reserve your spot.

Classes without a fee have unlimited access

Classes with a fee – you are welcome to try 1 free session (see next page)

Arrive at least 10 minutes early.

We would like to encourage all participants to visit Mind Body Connect and select Athletic Republic Boerne to sign up for classes in advance (you will need to create an account...it's free and really easy). Our classes are small and this would guarantee you a space. If for some reason the class is full, you would be able to use the facility to work-out during that time.

1024 North Main St

www.athleticrepublicboerne.com

(830) 816-5513

GET FIT BOERNE

ATHLETIC REPUBLIC



Class Schedule

"Unlevel the playing field."

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am Fitness Xpress Tony	8:00-9:00am Fitness Xpress Tony	8:30-9:30am Cardio/Core Natalie	8:30-9:30am Total Body Natalie	8:00-9:00am Barre Jauhnea
8:30-9:30am AR Bootcamp \$125/month Jason		8:30-9:30am AR Bootcamp \$125/month Jason		8:30-9:30am AR Bootcamp \$125/month Jason
10:00-11:00am Vinyasa Yoga Sharon		10:00-11:00am Vinyasa Yoga Sharon		
11:00-12:00pm Chair Yoga \$10/class. Sharon		11:00-12:00pm Chair Yoga \$10/class. Sharon		
5:30-6:30pm Total Body Michelle	6:00-7:00pm RPM \$175-199/month Michelle	5:30-6:30pm Total Body Michelle	6:00-7:00pm RPM \$175-199/month Michelle	
6:00-7:00pm Grindhouse MMA Jason \$150	6:00-7:00pm Grindhouse MMA Jason \$150			6:00-7:00pm Grindhouse MMA Jason \$150
	6:30-7:30pm Vinyasa Yoga Sharon		6:30-7:30pm Vinyasa Yoga Sharon	
BARRE	FITNESS XPRESS	TOTAL BODY	CARDIO CORE	
A high-energy, all over body conditioning class that fuses the best elements of stretching for a truly unique and fun experience. This workout will sculpt and transform your entire body, resulting in a toned, trim physique.	Tone and tighten the body muscles using body weight training and various equipment types including the TRX.	A strength class targeting all major muscles groups using various equipment and body weight.	Sweat it out in this up beat, fat-blasting cardio class designed to tighten your mid-section while burning some serious calories.	
AR BOOTCAMP	RPM 4-week session	YOGA	Grind House MMA	
An intense, up-beat workout combining strength, cardio, and core work in a fun-filled challenging atmosphere. \$125/month.	RPM is a total Wellness program offering support in fitness, nutrition and accountability. You will receive a pre and post fitness assessment to set your program goals and 2-3 semi-private training sessions per week. \$175-199/month.	Combines breath self-awareness and movement to improve flexibility, strength, and healing.	Full MMA programs. Get in shape, learn self-defense, condition, or compete in MMA. We will help you achieve your goals. \$125-199/month	



www.athleticrepublicboerne.com

830-816-5513

1024 North Main Street. Boerne TX 78006

