

BOERNE YMCA

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program. You must check in 15 minutes prior to class.

Visit www.ymcasatx.org for class descriptions.

FITPATH – All participants are allowed one FITPATH for the month of April for Get Fit Boerne. All participants must call to make a reservation for FITPATH.

820 Adler Rd.

830-815-1040

www.ymcastx.org

GET FIT BOERNE

CURREY TRAILHEAD

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

AERIAL YOGA BOERNE

Intro to Aerial Yoga

No yoga or aerial experience needed-this class is perfect for the complete beginner. Join us where you will stretch, swing, invert, build strength, while you are supported in an aerial yoga hammock. There is no weight restriction! Limit of 18 Hammocks, call to reserve.

Intro to Yoga

Intro to Yoga class is designed for the new yoga student wishing to explore and experience the benefits of yoga. You will learn basic yoga poses, safe alignment, mindful transitions, and relaxation techniques. This class will build strength, and increase flexibility. Intro to Yoga will provide students the basics and confidence to transition to a more advanced class. Props and modifications will be utilized to allow all students to practice safely and effectively. Join us on the mat!

Location – 37131 IH 10 – West Frontage Road, Suite 300-2, Boerne TX 78006

Phone # - (830)-428-3022

www.aerialyogaboerne.com

GET FIT BOERNE
**PATRICK HEATH PUBLIC
LIBRARY**

Get Fit Boerne 2019 – Adult programs, Patrick Heath Public Library

Mon Apr 1, April 8, April 15, April 22 and April 29

Topic: Monday Morning Meditation

Join Libbe Gray each Monday morning at the library for the centering power of meditation. Bring a towel or a mat, but chairs are also available!

Location: Community Room

Time: 9:15 a.m.

Wed Apr 3

Topic: Which Health Screenings are Right for you?

PA Leah Bucholz from My Urgent Care Clinic will be here to discuss recommendations for preventative health steps issued by the US Government and which screenings you should be signed up for at which ages.

Location: Upstairs Conference Room

Time: Noon

Thur. April 4

Topic: CBD: Hype or Hope?

Come learn about health benefits and legalities of Cannabidiol. Dr. Leigh Ann Greenberg, RPh opened the doors of Annie's Apothecary in August of 2007. Her vision, leadership, knowledge and industry networking skills are the foundation of Annie's. Educating people on ways to improve their quality of life is a huge passion of hers. Dr Greenberg enjoys staying up-to-date on legislation of CBD both at the federal and state levels to ensure her customers and physicians have the most accurate information. Her research allows her to offer the highest quality of supplements.

Location: Upstairs Conference Room

Time: Noon

Thursday 4th

Fri Apr 5

Topic: What are essential oils?

This is a great class to learn about what essential oils are and how they can reduce stress, improve sleep and energy, uplift mood, and boost immune system, just to name a few! Come discover and learn about the profound health benefits of these plant-based solutions.

Beverly Albrecht, wellness advocate and owner of Empower Health Naturally, started her health and wellness journey over 15 years ago using essential oils for her family. She became very interested in the specific health benefits when her husband had a serious illness. She eliminated all toxins in their home and focused on high quality therapeutic essential oils which aided in his recovery. Since then she has had a passion for teaching health and wellness classes and doing consultations to help others achieve a healthier lifestyle using plant-based solutions.

Fri Apr. 5

Topic: First Friday Yoga

Come try out Yoga at the library with Rachel Villanueva from Boerne Yoga House! Beginners welcome. Just bring a yoga mat. Rachel Villanueva is a play-at-home mom, wife, yoga teacher, small business owner, writer, tinkerer, night owl, soul activist, nature-lover, a sucker for dark chocolate, kittens and a life well-lived barefoot and pants-less. You can find her practicing on her mat and teaching with a wide-open heart here at The Yoga House, Boerne Lake and every First Friday at the Patrick Heath Public Library.

Location: Community room

Time: 6:30 p.m.

Mon. Apr. 8

Topic: Inflammation: What it is, its consequences, and tips for reducing it!

Dr. Rachel Krajewski, RPh is a graduate from the University of Texas at Austin and UT Health Science Center at San Antonio, where she received her doctor of pharmacy degree. She has been in the pharmacy world for over 10 years, starting as a technician and is now a pharmacist dedicated to assisting patients in supporting whole body wellness. Dr. Krajewski joined Annie's Apothecary in 2016 and became a consulting pharmacist after receiving training through PCCA to become a Certified Hormone Specialist. This training expanded her expertise in managing hormone replacement therapy, HPA axis dysfunction, and thyroid disorders. Rachel now offers one-on-one consultations with patients at Annie's Apothecary in their Consultation Corner to go over their results and create a customized and achievable plan to help them feel better.

Location: Upstairs Conference Room

Time: Noon

Tues April 9

Topic: Essential Oils 101

Come to this workshop to learn the basics about essential oils with Blessings by Terra.

Location: community room

Time: 6:00 p.m.

Topic: Meditation with Sound

Steve Daniel, a didgeridoo player who lives in Boerne, uses exotic instruments such as didgeridoo and singing bowls for meditations, public concerts, and individual sessions. Steve's background includes an eclectic mix of meditation, yoga, sound healing, and breath work. He makes most of the didgeridoos he plays from agave, a local native plant.

Location: Community Room

Time: 7:30 p.m.

Wed April 10

Topic: Clearing the Smoke: What you need to Know about E-Cigarettes

This workshop will provide participants with up to date information about the risks associated with using electronic cigarettes. Participants will learn what is in an electronic cigarette, if they are an approved smoking cessation device, how to identify an electronic cigarette and how to prevent youth from using them. Workshop led by Andrea Salazar with the San Antonio Council for Alcohol and Drug Awareness.

Location: Upstairs Conference Room

Time: Noon

Topic: For Teens! Nature Walk and Junk Journals.

Teens are invited to this "Get Fit Program" designed specifically for them! We will take a short nature walk, then after will create our own "Junk Journals" with items we found on the walk!

Location: Back Lawn

Time: 4:30 p.m.

Thurs Apr 11

Topic: The difficulties of caregiving; ways to reduce your stress

Caregiving can be challenging. Come hear Jessica Tipton with Franklin Park Boerne discuss ways to take care of yourself in the process and the steps and signs to know for when it might be time to let others assist.

Location: Upstairs Conference Room

Time: Noon

Fri. April 12

Topic: Know Your Numbers! What labs should you be getting and changes you can make now to avoid prescription medications in the future.

Dr. Rachel Krajewski, RPh is a graduate from the University of Texas at Austin and UT Health Science Center at San Antonio, where she received her doctor of pharmacy degree. She has been in the pharmacy world for over 10 years, starting as a technician and is now a pharmacist dedicated to assisting patients in supporting whole body wellness. Dr. Krajewski joined Annie's Apothecary in 2016 and became a consulting pharmacist after receiving training through PCCA to become a Certified Hormone Specialist. This training expanded her expertise in managing hormone replacement therapy, HPA axis dysfunction, and thyroid disorders. Rachel now offers one-on-one consultations with patients at Annie's Apothecary in their Consultation Corner to go over their results and create a customized and achievable plan to help them feel better.

Location: Upstairs Conference Room

Time: Noon

Sat. April 13

Topic: All Things KETO!

Sherry Hodsdon, LVN and Certified Ketogenic Living Coach, will discuss the benefits of the ketogenic diet for weight loss, pre-diabetes, and type II diabetics.

Location: Community Room

Time: 2 p.m.

Tues April 16

Topic: TBD

From Cibolo Family Medicine

Location: Upstairs conference room

Time: Noon

Wed Apr 17

Topic: All Things KETO!

Sherri Hodsdon, LVN and Certified Ketogenic Living Coach, will discuss the benefits of the ketogenic diet for weight loss, pre-diabetes, and type II diabetics.

Location: upstairs conference room

Time: Noon

Tues Apr 23

Topic: How clean is your spinal hygiene?

Josh Fields, Biofinity Chiropractic will discuss the mobility and motion of your spine and its affects on your health. Dr. Fields is a devoted husband to his wife Patricia, a loving father to his 2 small boys, Ryan & Aidan and a man of Faith. He is a Boerne native, who is excited to have the opportunity to return home and serve this community. Dr. Josh is a Board Certified, Distinguished Honor Graduate from Parker University, specializing in family and pediatric health. His continuous pursuit of knowledge and experience working with pregnant women and children allow him to provide the highest quality of care to our community.

Location: Upstairs conference room

Time: Noon

Thursday, April 25

Topic: Home Detox - Green Living for your family with Essential Oils

Learn how to make your home green and your family healthier. We will learn how to rid the home of toxins and replace them with natural alternatives. Come discover and learn about the profound health benefits of these plant-based solutions. I will be demonstrating how to make a healthy room spritzer, Lavender linen spray and immune booster spray.

Beverly Albrecht, wellness advocate and owner of Empower Health Naturally, started her health and wellness journey over 15 years ago using essential oils for her family. She became very interested in the specific health benefits when her husband had a serious illness. She eliminated all toxins in their home and focused on high quality therapeutic essential oils which aided in his recovery. Since then she has had a passion for teaching health and wellness classes and doing consultations to help others achieve a healthier lifestyle using plant-based solutions.

Location: Upstairs conference room

Time: Noon

Friday, April 26

Topic: Pampering Yourself with Essential Oils - DIY Class

Come have fun and learn how to use essential oils to pamper yourself and make gifts for yourself and for mom. I will demonstrate how to make facial sugar scrubs as well as a luxurious bath soak with dead sea salts to cleanse & nourish the skin while helping to relax after a long day. I will be using the finest quality therapeutic essential oils. Don't you deserve some pampering?

Beverly Albrecht, wellness advocate and owner of Empower Health Naturally, started her health and wellness journey over 15 years ago using essential oils for her family. She became very interested in the specific health benefits when her husband had a serious illness. She eliminated all toxins in their home and focused on high quality therapeutic essential oils which aided in his recovery. Since then she has had a passion for teaching health and wellness classes and doing consultations to help others achieve a healthier lifestyle using plant-based solutions.

Location: Upstairs conference room

Time: Noon

Tuesday, April 30

Topic: Alternative Therapies for Pain with Herbs and Magnets.

Shari Anderson is a clinical herbalist and the owner of Omni Star Farm in Boerne. The mission of Omni Star Farm is to share the remarkable healing power of herbs while providing affordably priced plants and remedies. Shari will present a talk today on using herbs and magnets as alternative therapies for pain management.

Location: Upstairs conference room

Time: Noon

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

Get Fit with Rex!!! Pick up our Youth Department calendar of special events & activities. All classes will be held on Library's Lawn.

Do at least TEN daily activities and attend at least FIVE programs.

Be sure to check them off your calendar.

Get Fit Kick Off

Monday April 1, 10:00am, Amphitheater

Mayor Mike Schultz will inspire everyone with a Get Fit Proclamation

We conclude the morning with a rousing performance by the first graders of Cibolo Creek Elementary School.

Hump Day Heath

Wednesdays, 3:30pm, Youth Services Department/Activity Room/Back Lawn

Every Wednesday at 3:30pm, we feature an engaging activity for fun and fitness.

April 3: Pint-sized Pilates-Get moving with the library's own pilates specialist, Miss Jourdan.

April 10: Boerne Gymnastics Studio-You will flip for this free class by Boerne's finest gymnastics school.

April 17: Paramount Taekwondo Center-Get a kick out of fitness with a dynamic demonstration

April 24: Pony Rides San Antonio-Saddle up for an afternoon of pony rides on our back lawn

Fitness Fun for Little Ones

Wednesday & Thursday, April 3 & 4, 10:30am, Back Lawn

Miss Crysta of Fit4Mom will energize parents and toddlers alike in this fitness movement, crafting, and snacks. Bring a stroller if you have one.

Dynamic Double Feature Saturday

Saturday, April 6, Youth Department/Activity Room/Back Lawn

10:00am PAWS 4 Reading-Exercise your reading muscles by sharing a book with a trained, certified therapy dog.

10:30am STREAM

Science, Technology, Reading, Engineering, Art, Math

Calling all scientists! Join us for exciting hands on experiments, art, literature and MORE. This month we celebrate the forthcoming new Diary of a Wimpy Kid book, "Diary of an Awesome Friendly Kid: Rowley Jefferson's Journal" by Jeff Kinney. Take our Wimpy Kid Fast and Fit Challenge! Do all the activities and get entered into a drawing to win a copy of the new book!

Mini Music & Movement

Saturday, April 20, 10:30am, Youth Activity Room

Toddlers and young children are invited to enjoy a lively morning of singing, dancing, and moving creatively.

Fire on the Mountain Cloggers

Saturday, April 27, 10:30am, Community Room

Enjoy toe-tapping entertainment PLUS a FREE LESSON from this renowned dance company.

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

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. 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 5, 12, 19, 26
5:00pm-6:00pm

Kyle Calvano
Boerne City Lake
www.hillcountrypaddlesports.com

RANDOLPH ROADRUNNERS **VOLKSSPORT CLUB**

Walking Wednesdays, come walk with the Randolph Roadrunners Volkssport Club

Wednesday, April 3, 2019: Cemetery Stroll

The walk goes through residential neighborhoods, past schools, through the town cemetery and down the main street of Boerne. Many shops, restaurants and historical buildings and places of interest are featured along the route. Walk includes the newest portion of the hiking trail along Cibolo Creek.

Wednesday, April 11, 2019: Town Walk

The walk is on paved roads & sidewalks through neighborhoods & downtown Boerne with several historical and other points of interest. This walk takes you on paths by the river and down the Main Street lined with quaint antique shops and boutiques.

Wednesday, April 17, 2019: Nature Center

The trail goes through neighborhoods & on a “Rails to Trails” section to get to the Cibolo Nature Center. Almost 5km of the walk is inside the nature center where the walk is on the trails and a boardwalk over a marsh. See the dinosaur tracks!

All walks will start at 8:00am at the Comfort Inn & Suites, 35000 IH-10 W. Boerne Tx, 78006

Free to Get Fit Boerne card holders, unless you have IVV Volkssport achievement books. Then, the fee is \$3. Noncompetitive and suitable for all ages.

ART AL FRESCO, ART FOR THE HEART- CAMP GLADIATOR COMMUNITY WORKOUT

Family friendly event for all ages. Get outside and do some physical fitness while enjoying the Art al Fresco sculpture exhibit with your friends and family. Come a little early to sign in. Bring your mobile device. You are welcome to bring your yoga mat with you.

Art for the Heart

Patrick Heath Public Library

Friday, April 19, 2:00pm-4:00pm

CAMP GLADIATOR

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

LOCATIONS:

Los Encinos Hill Country Estate, 24183 Boerne Stage Road, San Antonio TX, 78255

Saint Elizabeth Ann Seton Catholic Church, 8500 Cross Mountain Trail, San Antonio TX 78255

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

Boerne ISD Central Athletic Field, 235 Johns Rd, Boerne TX 78006

Boerne Middle School South, 10 Cascade Cavern, Boerne TX, 78006

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

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

Tapatio Springs Resort, 1 Resort Way, Boerne, Tx 78006

First Baptist Church Boerne, 631 S, School St, Boerne, Tx 78006

Raymond Russell Park, 20644 Frontage Rd, San Antonio, Tx 78257

Sauced Wing Bar, 215 W. Bandera Rd #101, Boerne Tx 78006

United Texas Credit Union, 1440 S. Main St, Boerne Tx 78006

AQUA SWIFT AQUATICS BOERNE

Aqua Swift Aquatics Boerne is a family based, no person left behind, aquatic company that is operated out of the Boerne, Texas City Pool. Our swim team offers programs and activities for all ages and abilities. No person is too young or old for our team. We are the team for you if you are looking to become an elite competitive swimmer, or wanting to just improve your overall health.

Adult Swim

12:00pm-1:30pm

Saturday, April 13

Boerne City Park Pool

106 City Park Rd Boerne Tx, 78006

SPECIALIZED FITNESS BOERNE

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

Saturdays, 8:00am-30 minute boot camp sessions

30 minute personal training sessions are available with appointment set up.

Please call 830-755-4838 for personal training appointment set up.

31007 IH 10

Boerne, TX

www.specializedfit.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 Street Soccer takes place:

Monday-Thursday, 5:00pm-6:00pm

AGES 7-10

Soccer Field #5

Monday-Thursday, 7:30pm-8:30pm

Ages 11+

106 City Park Rd Boerne Tx, 78006

Soccer Field #3

GET FIT BOERNE