

Austin Foundation Fitness in the Parks Program



Date	Time	Park and Theme	Trainers:
4/6	11-12	Georgetown (Abs)	Mariano, Conrad
4/6	1-2	Van Asselt (Abs)	Devin
4/6	2-3	Powell Barnett (Abs)	Bryan
4/13	11-12	Georgetown (Muscular endurance and resistance bands)	Mariano, Conrad
4/13	1-2	Van Asselt (Muscular endurance and resistance bands)	Devin
4/13	2-3	Powell Barnett (Muscular endurance and resistance bands)	Bryan
4/20	11-12	Georgetown (Sports conditioning)	Mariano, Conrad
4/20	11-12	Van Asselt (Sports conditioning)	Devin
4/20	11-12	Powell Barnett (Sports conditioning)	Bryan
5/4	11-12	Georgetown (Martial Arts)	Mariano, Conrad
5/4	1-2	Van Asselt (Skills and Drills)	Devin
5/4	2-3	Powell Barnett (Boot camp)	Bryan
5/11	11-12	Georgetown (Flexibility)	Mariano, Conrad

5/11	1-2	Van Asselt (Flexibility)	Devin
5/11	2-3	Powell Barnett (Flexibility)	Bryan
5/18	11-12	Georgetown (Cardio)	Mariano, Conrad
5/18	1-2	Van Asselt (Cardio)	Devin
5/18	2-3	Powell Barnett (Cardio)	Bryan
5/25	11-12	Georgetown (Abs)	Mariano, Conrad
5/25	1-2	Van Asselt (Abs)	Devin
5/25	2-3	Powell Barnett (Abs)	Bryan
6/1	11-12	Georgetown (Muscular endurance and resistance bands)	Mariano, Conrad
6/1	1-2	Van Asselt (Muscular endurance and resistance bands)	Devin
6/1	2-3	Powell Barnett (Muscular endurance and resistance bands)	Bryan
6/8	11-12	Georgetown (Sports conditioning)	Mariano, Conrad
6/8	1-2	Van Asselt (Sports conditioning)	Devin
6/8	2-3	Powell Barnett (Sports conditioning)	Bryan
6/15	11-12	Georgetown (Martial arts)	Bryan
6/15	1-2	Van Asselt (Martial Arts)	Khyree
6/15	2-3	Powell Barnett (Martial Arts)	Bryan