

# ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with WEIGHT ROOM MEMBERSHIP for FREE or nominal fee! Non-members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be courteous and respectful to other participants and our instructors by being early to class. Class participation is limited based on space & equipment. Thank you & enjoy the Group Exercise classes at the Baca Center!

**BARRE NONE PILATES :** Barre none Pilates. Balance, body weight strength and core.

**BODY WEIGHT STRENGTH:** This class is designed to increase your strength through body weight exercises. This will improve form and overall strength with specific focus on moving your own body.

**CARDIO I:** An introductory cardio class for those looking to learn various types of cardio. The class is designed with basic moves and cardio concepts for those needing low impact or just starting out.

**CARDIO N' BALANCE:** 45 minutes of balance and cardio stations, one minute low impact cardio followed by , 1 minute balance stations. ending with range of motion stretching. All levels.

**CARDIO CORE & STRENGTH:** Get you heart pumping and your muscles moving in this fast pace cardio and strength interval class! **CMRC & Baca Members**

**CORE DE FORCE (TOTAL STRENGTH):** A total body workout inspired by MMA-style training. The combination moves from Western boxing, kickboxing, Brazilian Jiu-jitsu, Muay Thai and more.

**FULL BODY BLAST:** From head to toe we go, this class will incorporate multiple muscle groups that encourage full body resistance and strength gains. **CMRC & Baca Members**

**MONDAY CIRCUIT:** Start the week off strong with a strength circuit guaranteed to offset a day of desk work. Full body strength stations, a little cardio, and a big dose of upbeat music will wash the day away and get you ready to tackle the rest of the week. **CMRC & Baca Members**

**MAT PILATES:** It's stretching, balancing, controlled breathing during body weight resisted movement to be a core strength.

**WEIGHT ROOM ORIENTATION :** Take a tour of the BACA Center Weight Room and fully understand exercise progression as well as how to use the exercise machines properly.

**ZUMBA :** The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

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## 2017 BACA FALL GROUP EXERCISE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CORE DE FORCE</b> 8:00-8:45am Aerobics Room JADE  <b>CARDIO N' BALANCE</b> 9:00-9:45 Mtg. Room 2 KATHY  <b>BARRE NONE PILATES</b> 10:00-10:45am Mtg. Room 2 KATHY  <b>CARDIO CORE &amp; STRENGTH</b> 6:00-6:45PM Mtg. Room 2 JON	<b>CARDIO I</b> 8:30-9:15am Aerobics Room SELVE  <b>CORE DE FORCE</b> 9:30-10:15am Aerobics Room JADE  <b>MAT PILATES</b> 10:30-11:15 am Aerobics Room JADE	<b>TOTAL STRENGTH</b> 8:00-8:45am Aerobics Room KATHY  <b>BODY WEIGHT STRENGTH</b> 9:00-9:45am Mtg. Room 2 KATHY  <b>BARRE NONE PILATES</b> 10:00-10:45am Mtg. Room 2 KATHY  <b>ZUMBA</b> 10:15-11:00am Aerobics Room SELVE  <b>WEIGHT ROOM ORIENTATION</b> 11:00-11:30AM Weight Room KATHY  <b>WEDNESDAY CIRCUIT</b> 6:00-6:45PM Mtg. Room 2 SUSAN	<b>CARDIO I</b> 8:30-9:15am Aerobics Room SELVE  <b>FULL BODY BLAST</b> 6:00-6:45PM Mtg. Room 2 DENISE	<b>MAT PILATES</b> 8:00-8:45am Aerobics Room JADE	<b>ZUMBA</b> 10:30-11:30am Aerobics Room SELVE

- ◆ Tickets for Group Exercise Classes will be handed out 15 minutes before class starts. Check in and receive your ticket at the Baca Center front desk. You may not receive tickets for multiple classes at one time.
- ◆ Baca members must present their membership card to validate a current membership. Baca non-members will pay the drop in rate of \$3/class.
- ◆ There must be a minimum of 5 participants in class or it will be cancelled.
- ◆ Participants must give their group ex instructor their ticket at the beginning of class. Participants without a ticket will not be able to attend a Group Exercise Class.
- ◆ Appropriate exercise clothing is required and non-marking athletic shoes. No participants allowed to enter class 5 minutes after the start of class.