

# BACA FALL GROUP EXERCISE CLASSES

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!

**Back to the Basics:** is a 30 minute modified intensity circuit training class. Using primarily body weights while moving from one area to the next. Each area will focus on a different body part.

**Barre None Pilates:** Barre none Pilates. Balance, body weight strength and core.

**Cardio I:** An introductory cardio class for those that are looking to learn different types of cardio. This class is designed to be the jump start you need, with basic moves and cardio concepts for those needing low impact or just starting out.

**Cardio Core 'n More:** Will help you build a more stable, powerful abdomen and lower back to improve fitness and endurance, straighten posture and provide a foundation for an active daily life.

**Circuit Hour:** is a one hour timed circuit training class using Dumbbells, weight bars and "tiny steps" to strengthen muscles and work the core. Members will engage in solo as well as partner movements to work the entire body.

**Flex & Stretch:** Involves movement based flexibility, core exercises and developmental stretching.

**Low Impact Aerobics:** 30 minutes of easy to follow low impact cardio steps, followed by 15 minutes of core and strength.

**Strength Training:** This is a low impact class with an emphasis on improving posture, balance, range of motion, flexibility, and muscle strength.

**Stretch & Balance:** Is designed to help improve and maintain muscular endurance, flexibility, and balance while emphasizing good postural alignment and relaxation.

**Tabata:** All-out extreme intensity for 20 seconds, followed by 10 seconds of rest. This cycle is repeated for 8 rounds or 4 minutes total. Any and all exercise can be implemented into this fun workout.

**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:** Music is the key ingredient to Zumba classes. The score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body.

# SPRING 2017 GROUP EXERCISE SCHEDULE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength Training</b> 8:10-8:50 am Denise Meeting Room 2  <b>Flex &amp; Stretch</b> 8:55-9:10 am Denise Meeting Room 2  <b>Strength Training</b> 9:15-9:50 am Denise Meeting Room 2  <b>Flex &amp; Stretch</b> 9:55-10:10 am Denise Meeting Room 2	<b>Cardio I</b> 8:45-9:30 am Selve Aerobics Room  <b>Low Impact Aerobics</b> 9:45-10:30 am Kathy Aerobics Room  <b>Stretch &amp; Balance</b> 10:45-11:30am Kathy Aerobics Room	<b>Strength Training</b> 8:10-8:50 am Kathy Meeting Room 2  <b>Flex &amp; Stretch</b> 8:55-9:10 am Kathy Meeting Room 2  <b>Strength Training</b> 9:15-9:50 am Kathy Meeting Room 2  <b>Flex &amp; Stretch</b> 9:55-10:10 am Kathy Meeting Room 2  <b>Barre None Pilates</b> 10:15-10:55 am Kathy Meeting Room 2  <b>Weight Room Orientation</b> 11:00-11:30 am  <b>Zumba</b> 10:10-11:00 am Selve Aerobics Room	<b>Cardio I</b> 8:45-9:30 am Selve Aerobics Rooms  <b>Cardio Core 'N More</b> 9:45-10:30 am Denise Aerobics Room  <b>Tabata</b> 10:45-11:30am Denise Aerobics Room	<b>Back to the Basics</b> 8:15-8:45 am Denise Meeting Room 2  <b>Circuit Hour</b> 9:00-10:00am Denise Meeting Room 2	<b>Zumba</b> 10:30-11:30 am Selve Aerobics Room

### Group Exercise Class Guidelines

1. Tickets for Group Exercise Classes will be handed out 30 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.
2. Baca members must present their membership card to validate a current membership. Baca non-members will pay the drop in rate of \$3/class.
3. There must be a minimum of 5 participants in class or it will be cancelled.
4. 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.
5. Appropriate exercise clothing is required and non-marking athletic shoes. No participants allowed to enter class 5 minutes after the start of class.