

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**

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**

TRIPLE THREAT: If your goal is to become stronger and leaner then don't shy away from this intense whole body workout which focuses on everything in triplicate! Three reps! Three minutes! Three ways!

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

FLEXIBLE STRENGTH : Is designed to help improve and maintain muscular endurance, flexibility, and balance while emphasizing good postural alignment and relaxation.

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
TOTAL STRENGTH 8:00-8:45am Aerobics Room DENISE CARDIO N' BALANCE 9:00-9:45 Mtg. Room 2 KATHY BARRE NONE PILATES 10:00-10:45am Mtg. Room 2 KATHY MONDAY CIRCUIT 6:00-6:45PM Mtg. Room 2 SUSAN	CARDIO I 8:30:-9:15am Aerobics Room SELVE TOTAL STRENGTH 9:30-10:15am Aerobics Room DENISE FLEXIBLE STENGTH 10:30-11:15 am Aerobics Room JON	TOTAL STRENGTH 8:00-8:45am Aerobics Room KATHY BODY WEIGHT STRENGTH 9:00-9:45am Mtg. Room 2 KATHY BARRE NONE PILATES 10:00-10:45am Mtg. Room 2 KATHY ZUMBA 10:15-11:00am Aerobics Room SELVE WEIGHT ROOM ORIENTATION 11:00-11:30AM Weight Room KATHY CARDIO CORE & STRENGTH 6:00-6:45PM Mtg. Room 2 JON	CARDIO I 8:30:-9:15am Aerobics Room SELVE TOTAL STRENGTH 9:30-10:15am Aerobics Room DENISE FULL BODY BLAST 6:00-6:45PM Mtg. Room 2 DENISE	TOTAL STRENGTH 8:00-8:45am Aerobics Room DENISE TRIPLE THREAT 9:00-10:00am Mtg. Room 2 DENISE	ZUMBA 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.