

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.

STRENGTH 'N STRETCH: 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.

STRETCH 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.

BODY SCULPTING A total body workout inspired by MMA-style training. The combination moves from Western boxing, kickboxing, Brazilian Jiu-jitsu, Muay Thai and more.

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

TABATA: These workouts are fast-paced and fun and burn up tons of calories.

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.

WEIGHT TRAINING: Weight training is a common type of strength training for developing the strength and size of skeletal muscles.

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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2018 BACA SPRING GROUP EXERCISE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEIGHT TRAINING 8:00-8:45am Aerobics Room JADE	CARDIO I 8:30-9:15am Aerobics Room SELVE	STRENGTH N' STRETCH 8:00-8:50am Aerobics Room KATHY	CARDIO I 8:30-9:15am Aerobics Room SELVE	WEIGHT TRAINING 8:00-8:45am Aerobics Room JADE	ZUMBA 10:30-11:30am Aerobics Room SELVE
STRETCH N' BALANCE 9:00-9:50 Mtg. Room 2 KATHY	BODY SCULPTING 9:30-10:15am Aerobics Room JADE	STRENGTH N' STRETCH 9:00-9:50am Mtg. Room 2 KATHY	MUSCLE UP 9:30-10:15am Aerobics Room DENISE	TABTA 9:00-9:45am Mtg. Room #2 JENNIFER	
BARRE NONE PILATES 10:00-10:50am Mtg. Room 2 KATHY	MAT PILATES 10:30-11:15 am Aerobics Room JADE	BARRE NONE PILATES 10:00-10:50am Mtg. Room 2 KATHY			
		ZUMBA 10:15-11:00am Aerobics Room SELVE			
		WEIGHT ROOM ORIENTATION 11:00-11:30AM Weight Room KATHY			

- ◆ 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.

January 2nd—May 26th Dates Effective