

ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

4/30-9/1 Summer Group Exercise Schedule

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 SCULPTING: Start resistance training at your own pace to jump-start your metabolism and break down those extra reserves of fat. In these moderate training workouts, you'll work your upper body then lower body, Core using the Lean Phasing technique to help you see results.

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.

CORE 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.

FLEX N' STRETCH: Wind down your week with a good stretch class that will help lengthen and strengthen those muscles and improve your recovery time.

MUSCLE UP: Enhance your strength training with a wide array of strength exercises and routines that will be sure to keep you on your toes and most certainly make you stronger!

SENIOR CIRCUITS: This is a BIG workout! Walk into Fridays with this challenging circuit work out to start your weekend. Every muscle, every move committed to major results!

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.

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 SUMMER 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	WEIGHT TRAINING 8:00-8:45am Aerobics Room JADE	CARDIO I 8:30:-9:15am Aerobics Room SELVE	SENIOR CIRCUIT 8:00-8:45am Aerobics Room DENISE	ZUMBA 10:30-11:30am Aerobics Room SELVE
CORE N' BALANCE 9:00-9:50 Mtg. Room 2 JENNIFER	BODY SCULPTING 9:30-10:15am Aerobics Room JADE	STRENGTH N' STRETCH 9:00-9:50am Mtg. Room 2 JENNIFER	MUSCLE UP 9:30-10:15am Aerobics Room DENISE	FLEX N' STRETCH 9:00-9:45am Mtg. Room #2 DENISE	
BARRE NONE PILATES 10:00-10:50am Mtg. Room 2 SUSAN *Starts June 4th*	PILOXING LITE 10:30-11:15 am Aerobics Room SELVE	BARRE NONE PILATES 10:00-10:50am Mtg. Room 2 CHRISTA / SUSAN ZUMBA 10:15-11:00am Aerobics Room SELVE WEIGHT ROOM ORIENTATION 11:00-11:30AM DENISE			

- ♦ 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.

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