

# ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

1/7-5/25 Group Exercise Schedule

## 2019 BACA WINTER/SPRING GROUP EXERCISE

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with weight room access for free! 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!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BARRE CORE</b> 9:00-9:50am Mtg. Room 2 <b>CHRISTA</b>	<b>CARDIO I</b> 9:00-9:45am Aerobics Room <b>SELVE</b>  <b>PILOXING LITE</b> 10:00-10:45 am Aerobics Room <b>SELVE</b>	<b>BODY SCULPT</b> 8:00-8:45am Aerobics Room <b>MELANIE</b>  <b>STRENGTH &amp; STRETCH</b> 9:00-9:50am Mtg. Room 2 <b>JENNIFER</b>  <b>ZUMBA</b> 10:15-11:00am Aerobics Room <b>SELVE</b>	<b>CARDIO I</b> 8:30-9:15am Aerobics Room <b>SELVE</b>  <b>BARRE ABOVE</b> 9:30-10:20am Aerobics Room <b>CHRISTA</b>		<b>ZUMBA</b> 10:30-11:30am Aerobics Room <b>SELVE</b>

- ◆ Tickets for Group Exercise Classes will be handed out 15 minutes before each 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 and scan their membership card to validate a current membership. 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. For the safety of our participants, no participants are allowed to enter class 5 minutes after the start of class.