

ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

1/7-5/25 Group Exercise Schedule

2019 BACA SUMMER 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
<p>BARRE CORE 9:00-9:50am Mtg. Room 2 CHRISTA</p> <p><i>**Future Monday classes coming! Stay tuned for more details!**</i></p>	<p>CARDIO I 9:00-9:45am Aerobics Room SELVE</p> <p>PILOXING LITE 10:00-10:45 am Aerobics Room SELVE</p> <p><i>**Future classes coming! Stay tuned for more details!**</i></p>	<p>BODY SCULPT 8:00-8:45am Aerobics Room MELANIE</p> <p>STRENGTH & STRETCH 9:00-9:50am Mtg. Room 2 JENNIFER</p> <p>ZUMBA 10:15-11:00am Aerobics Room SELVE</p> <p>WEIGHTROOM ORIENTATION 11:00-11:45A</p>	<p>CARDIO I 8:30-9:15am Aerobics Room SELVE</p> <p>BARRE ABOVE 9:30-10:20am Aerobics Room CHRISTA</p> <p><i>**Future classes coming! Stay tuned for more details!**</i></p>	<p>MUSCLE UP 9:00-9:50am Mtg Room 2 LINDSEY</p> <p>TOTAL BODY CONDITIONING 10:00-10:50A Mtg Room 2 LINDSEY</p> <p>PILATES 11:00-11:50A Aerobics Room NORMA</p>	<p>ZUMBA 10:30-11:30am Aerobics Room SELVE</p>

- ◆ 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.