

ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

2019 BACA FALL GROUP EXERCISE

9/9/19-12/31/19 Group Exercise Schedule

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
RISE AND GRIND 8:00-8:45am Aerobics Room MELANIE (25)	CARDIO I 9:00-9:45am Aerobics Room SELVE (25)	BODY SCULPT 8:00-8:45am Aerobics Room MELANIE (25)	CARDIO I 8:30-9:15am Aerobics Room SELVE (25)	MUSCLE UP 9:00-9:50am Mtg. Room 2 LINDSEY (22)	ZUMBA 10:30-11:30am Aerobics Room SELVE (25)
BARRE ABOVE 9:00-9:50am Mtg. Room 2 CHRISTA (22)	PILOXING LITE 10:00-10:45am Aerobics Room SELVE (25)	FUNCTIONAL & FOUNDATIONAL STRENGTH 9:15-10:00am Mtg. Room 2 SHERRY (22)	BARRE ABOVE 9:30-10:20am Aerobics Room CHRISTA (20)	TOTAL BODY CONDITIONING 10:00-10:50am Mtg. Room 2 LINDSEY (22)	
	WEIGHTROOM ORIENTATION 10:30am JEREMY	ZUMBA 10:15-11:00am Aerobics Room SELVE (25)		YOLATES 11:00-11:45am Mtg. Room 2 KATHY K. (22)	
	\$RELAXING YOGA\$ 11:00-11:45am *Physical requirement see back for details Aerobics Room ALEJANDRA (20)				
	WEIGHTROOM ORIENTATION 6:00pm JEREMY				

- ◆ 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.

As of 11/4/19

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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 ABOVE: Offers a fusion of yoga, Pilates, strength training, and ballet as well as cardio elements that will keep your heart pumping and your body burning calories. Participants will improve strength, balance, flexibility and posture. Please bring a yoga mat if you own one.

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.

FUNCTIONAL & FOUNDATIONAL STRENGTH TRAINING: This class is total body workout using all forms of resistance training to build functional and foundational strength. We use all the toys in the toy box!

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!

YOLATES: a mixture of a traditional mat pilates class and a yoga class. This class is designed to strengthen and stretch your body all while engaging and strengthening the core!

PILOXING LITE: Is a non-stop, cardio fusion of standing Pilates, boxing and dance. This class will help you burn maximum calories, build lean muscles, and increase stamina.

RELAXING YOGA: *PHYSICAL REQ. FOR THE CLASS*: You must be willing and able to get on the floor for this yoga class. If you are not able to participate on the floor, we ask that you visit the CHAIR YOGA class. This class is a gentle yoga class to release tension from the body and mind.
\$\$This is a specialty class that costs 3\$ for members

RISE AND GRIND: This class is a total body, heart pumping, aerobic and strength conditioning workout. It combines full-body strength training with cardio bursts designed to tone your body, improve your endurance and clear your mind before you start your busy day! Join us!!

TOTAL BODY CONDITIONING: Anything from body weight training to strength training, this class is designed to get a complete body workout, to make you feel stronger!!

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: a fusion of Latin dance rhythms featuring interval training using fast and slow sessions

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