

# ALLEN R. BACA CENTER

## GROUP EXERCISE SCHEDULE

WINTER/SPRING 2020

1/6/2020- 5/31/2020

### MONDAY

8:00A- 8:45A  
RISE & GRIND  
Aerobics Rm  
MELANIE (25)

9:00A- 9:45A  
BARRE ABOVE  
Mtg. Rm 2  
CHRISTA (22)

### TUESDAY

9:00A- 9:45A  
CARDIO I  
Aerobics Rm  
SELVE (25)

10:00A-10:45A  
PILOXING LITE  
Aerobics Rm  
SELVE (25)

10:30A  
WEIGHT ROOM  
ORIENTATION  
JEREMY

11:00A-11:45A  
RELAXING  
YOGA\*\*  
Aerobics Rm  
ALEJANDRA  
(20)

6:00P  
WEIGHT ROOM  
ORIENTATION  
JEREMY

### WEDNESDAY

8:00A- 8:45A  
BODY SCULPT  
Aerobics Rm  
MELANIE (25)

9:15A- 10:00A  
FUN STRENGTH  
Mtg. Rm 2  
SHERRY (22)

10:15A-11:00A  
ZUMBA  
Aerobics Rm  
SELVE (25)

### THURSDAY

8:30A- 9:15A  
CARDIO I  
Aerobics Rm  
SELVE (25)

9:30A-10:20A  
BARRE ABOVE  
Aerobics Rm.  
CHRISTA (22)

### FRIDAY

10:05A-10:50A  
PLYOMOVES  
Mtg. Rm  
KATHY K. (22)

11:05A-11:50A  
YOLATES  
Mtg. Rm  
KATHY K. (22)

### SATURDAY

10:30A-11:30A  
ZUMBA  
Aerobics Rm  
SELVE (25)

\*UPDATED 1/6/2020

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with WEIGHT ROOM MEMBERSHIP for FREE or a nominal fee. Non-Members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be respectful and courteous to other participants and our instructors by being early to class. Class participation is limited based on space and equipment. Thank you & enjoy the Group Exercise classes at the Baca Center!

**BARRE ABOVE:** 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!

**BODY SCULPT:** 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, and 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.

**FUN STRENGTH:** We know keeping motivated can be tough. FUN Strength encourages camaraderie while strength training for health benefits!

**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.

**PLYOMOVES:** Use your own body weight for a fun, energetic, and powerful workout!

**RELAXING YOGA: \*\*physical req. for this class. You must be able to get on the floor\*\*.** If you are unable to get on the floor for this class, we ask that you visit the Chair Yoga class. This class is a gentle yoga class designed to release tension from the body and mind.

**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 body day! Join Us!

**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.

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

**ZUMBA:** A fusion of Latin dance rhythms featuring interval training using fast and slow sessions.

\*tickets for Group Exercise classes will be handed out 15 minutes before each class. 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 4 participants in the class or it will be **cancelled**.

\*athletic closed toed shoes are a requirement

\*participants must give their group ex instructor their ticket at the beginning of class. Participants without a ticket will not be able to attend the group exercise class.