

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 am Rise & Grind Fitness Class	8:00-8:45 am Relaxing Yoga Fitness Class	8:00-8:45 am Piloxing Lite Fitness Class	8:00-8:45 am Cardio One Fitness Class	9:00-9:45 am Core Conditioning Fitness Class
9:00-9:45 am Barre Above Fitness Class	9:00-9:45 am Interval Training Fitness Class	9:00-9:45 am Back to the Basics Fitness Class	9:00-9:45 am Barre Above Fitness Class	10:00-10:45 am Body Weight Blast Fitness Class
10:30-11:30 am Beginner Line Dance*	9:00-11:00 am Wood Carvers	9:00-10:00 am Chair Yoga**	9:00-11:00 am C.H.A.T.	Saturday 10:30-11:30 am Zumba Fitness Class
1:00-3:00 pm Non-competitive Pickleball No pickleball	9:30-10:00 am A.A.A.	9:00-10:00 am Computer Support**	9:30-10:00 am A.A.A.	
3:00-5:00 pm Advanced Pickleball	10:00-10:45 am Cardio One Fitness Class	10:00-11:00 am Zumba Fitness Class	10:00-10:45 am Interval Training Fitness Class	
	10:30-11:00 am Sittercize	3:00-4:00 pm Widow Warriors	10:30-11:00 am Sittercize	
			10:30 am-12:30 pm Non-competitive Pickleball	
			12:30-2:30 pm Advanced Pickleball	
			1:00-2:30 pm Conversational Spanish	

*Instructor approval needed to participate. **Fee associated with the program.

All fitness classes require a weight room membership and are on a first-come, first-serve basis.

No A.A.A. or Sittercize classes Sept. 29-Nov. 5. No pickleball Oct. 12-Nov. 3.

MONTHLY ACTIVITIES

Monthly Activity	Dates	Times
Art Club	1st Wednesday	1:00-3:00 pm
Cinema Day	2nd & 4th Wednesday	1:00 pm
Garden Club	1st Monday	9:00 am-11:00 am

Allen R. Baca Center—512-218-5499

Business Hours: Monday-Friday 7 am-5:30 pm

Weight Room Hours: Monday-Thursday 7 am-7 pm; Friday 7 am-6 pm

Saturday & Sunday 8 am-1 pm

