

# ALLEN R. BACA CENTER

## GROUP EXERCISE SCHEDULE

SPRING 2021

1/4/2021-6/7/2021

### MONDAY

8:00A-8:45A  
RISE & GRIND  
Grand Ballroom  
MELANIE (20)

9:00A-9:45A  
BARRE ABOVE  
Grand Ballroom  
CHRISTA (20)

### TUESDAY

8:00A-8:45A  
RELAXING  
YOGA\*\*  
Grand Ballroom  
ALEJANDRA (20)

9:00A-9:45A  
INTERVAL  
TRAINING  
Grand Ballroom  
SHERRY (20)

10:00A-10:45A  
CARDIO ONE  
Grand Ballroom  
SELVE (20)

### WEDNESDAY

8:00A-8:45A  
CARDIO ONE  
Grand Ballroom  
SELVE (20)

9:00A-9:45A  
BACK TO THE  
BASICS  
Grand Ballroom  
SHERRY (20)

10:00A-11:00A  
ZUMBA  
Grand Ballroom  
SELVE (20)

### THURSDAY

8:00A-8:45A  
CARDIO ONE  
Aerobics Rm.  
SELVE (12)

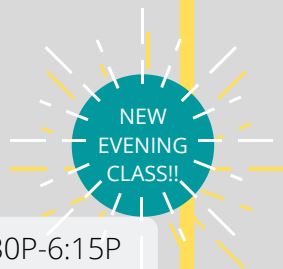
9:00A-9:45A  
BARRE ABOVE  
Aerobics Rm.  
CHRISTA (12)

10:00A-10:45A  
MEDITATIVE  
STRETCH  
Aerobics Rm.  
SHERRY (12)

### FRIDAY

9:00A-9:45A  
CORE  
CONDITIONING  
Grand Ballroom  
KATHY K. (20)

10:00A-10:45A  
BODY WEIGHT  
BLAST  
Grand Ballroom  
KATHY K. (20)



5:30P-6:15P  
POUND  
ROCKOUT  
Grand Ballroom  
SHELIA (20)

### SATURDAY

10:30A-11:30A  
ZUMBA  
Grand Ballroom  
SELVE (20)

INTERESTED IN A  
WEIGHTROOM  
ORIENTATION?  
VISIT OR CALL THE  
FRONT DESK:  
512-218-5499

\*UPDATED 1/4/2021

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!

**BACK TO THE BASICS:** We know keeping motivated can be tough. Back to the Basics encourages camaraderie while strength training for health benefits!

**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.

**BODY WEIGHT BLAST:** You don't need anything but your own body for this class. A combination of cardio and strength

**CARDIO ONE:** 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.

**CORE CONDITIONING:** A strong core equals a strong body! This class focuses on strengthening the core while overall body conditioning to help you become stronger in your daily life!

**INTERVAL TRAINING:** a mixture of cardio and strength training workout done in an interval format. Using Intervals is the best way to increase calorie burn and boost your metabolism!

**MEDITATIVE STRETCH:** Bringing an awareness inward helps focus and relax the mind. Using this inner awareness of the body helps guide your attention to the muscles of the body and what needs to be stretched. This is the perfect way to add balance to your fitness by incorporating stretching and mindful awareness in addition to strength and cardio!

**POUND ROCKOUT:** channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

**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!

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

\*Check in at the Baca Center front desk to sign in for class. Classes have a max capacity

\*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.

\*Masks are required while in common areas in the building, but may be removed while exercising

\*For your safety, please clean equipment before and after use. Cleaning supplies are provided

\*athletic closed toed shoes are a requirement

\*Participants must be on the sign in sheet at the beginning of class. Participants not on the sign in sheet will not be able to attend the group exercise class if max capacity is reached.