

ALLEN R. BACA CENTER

GROUP EXERCISE SCHEDULE

WINTER/SPRING 2022

1/3/2022-6/5/2022

MONDAY

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

9:00A-9:45A
BARRE ABOVE
Grand Ballroom
CHRISTA (18)

TUESDAY

9:00A-9:45A
BOOT, SCOOT N
BOOGIE
Grand Ballroom
SHERRY (20)

10:00A-10:45A
SCULPT THAT
BODY
Aerobics Rm.
TERI (20)

11:00A-11:45A
RELAXING
YOGA**
Grand Ballroom
ALEJANDRA (15)

WEDNESDAY

8:00-8:45a
POUND
ROCKOUT
Grand Ballroom
MARIA (20)

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

5:30P-6:30P
TOTAL BODY
REBOOT
Aerobics Room
TERI (20)

THURSDAY

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

9:00A-9:45A
MEDITATIVE
STRETCH
Aerobics Rm.
SHERRY (12)

FRIDAY

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

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

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

*UPDATED 1/3/2022

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!

****stay up to date on cancellations and subs by joining our FACEBOOK group:**



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

BOOT, SCOOT N BOOGIE: a mixture of cardio DANCE and strength training workout done in FUN dance style workout!

SCULPT THAT BODY: This workout is designed to strengthen and tone the major muscle groups within the body while increasing bone density, improving balance, flexibility and range of motion. Class will conclude will full body stretching and elongating the muscles.

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!

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!

TOTAL BODY REBOOT: Feeling lost after a year of being away from your fitness routine? Your not alone! Time for a total body reboot! Let's start incorporating cardio, strength, balance, flexibility, and core conditioning exercises back into our workout. The workout will conclude will full body stretching and elongating the muscles.

*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.

*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.