

# ALLEN R. BACA CENTER

## GROUP EXERCISE SCHEDULE

SUMMER 2022

6/5/2022-9/3/2022

### MONDAY

8:00A-8:45A  
RISE & GRIND  
Aerobics Room  
MELANIE  
(Capacity 15)

9:00A-9:45A  
BARRE ABOVE  
Aerobics Room  
CHRISTA  
(Capacity 18)

### TUESDAY

9:00A-9:45A  
BOOT, SCOOT N  
BOOGIE  
Aerobics Room  
SHERRY  
(Capacity 25)

10:00A-10:45A  
SCULPT THAT  
BODY  
Aerobics Room  
TERI  
(Capacity 15)

11:00A-11:45A  
RELAXING  
YOGA\*\*  
Aerobics Room  
ALEJANDRA  
(Capacity 15)

### WEDNESDAY

8:00-8:45a  
MOVE IT, SHAKE  
IT, LIFT IT  
Aerobics Room  
KATHY  
(Capacity 20)

9:00A-9:45A  
BACK TO THE  
BASICS  
Aerobics Room  
SHERRY  
(Capacity 20)

5:15P-5:45P  
POWER  
HALF-HOUR  
Aerobics Room  
SHERRY  
(Capacity 20)

### THURSDAY

8:00A-8:45A  
CORE, STRENGTH  
BALANCE  
Aerobics Room  
TERI  
(Capacity 15)

9:00A-9:45A  
MEDITATIVE  
STRETCH  
Aerobics Room  
SHERRY  
(Capacity 12)

### FRIDAY

9:00A-9:45A  
CORE  
CONDITIONING  
Aerobics Room  
KATHY K.  
(Capacity 20)

10:00A-10:45A  
BODY BLAST  
Aerobics Room  
KATHY K.  
(Capacity 20)

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

\*UPDATED 5/26/2022

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 with full body stretching and elongating the muscles.

**CORE, STRETCH & BALANCE:** A low-impact class for all fitness levels focusing on the core muscles crucial for flexibility, strength & balance to maintain strong bones.

**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!

**MOVE IT, SHAKE IT, LIFT IT!** Exercises consisting of a variety of body movements to target upper or lower body muscle groups.

**POWER HALF-HOUR:** This 1/2 class is designed to hit, arms, abs and all else, before you head home. You will increase your heart rate, decrease your fat and get that body fine for the summertime!

**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? You're 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 with 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.