

ALLEN R. BACA CENTER

GROUP EXERCISE SCHEDULE

WINTER 2023

01/03/2023-03/18/2023

MONDAY

8:00A-8:45A
RISE & GRIND
AEROBICS
ROOM
MELANIE
(CAPACITY 15)

9:00A-9:45A
BARRE ABOVE
AEROBICS
ROOM
CHRISTA
(CAPACITY 20)



TUESDAY

9:00A-9:45A
POTLUCK
FITNESS
AEROBICS ROOM
TERI
(CAPACITY 20)

10:00A-11:00A
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
DANCE PARTY
AEROBICS
ROOM
SHERRY
(CAPACITY 25)

10:00A-10:45A
MEDITATIVE
STRETCH
AEROBICS
ROOM
SHERRY
(CAPACITY 15)

5:15P-5:45P
POWER
HALF-HOUR
AEROBICS
ROOM KATHY
(CAPACITY 20)

THURSDAY

8:00A-8:45A
CORE,
STRENGTH &
BALANCE
AEROBICS ROOM
TERI
(CAPACITY 15)

9:00A-9:45A
BARRE ABOVE
AEROBICS
ROOM
CHRISTA
(CAPACITY 20)

10:00A-10:30A
STRETCH &
RESET
AEROBICS
ROOM
CHRISTA
(CAPACITY 20)



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 12/13/2022

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:**

RockActive



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

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, 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!

DANCE PARTY: THIS CLASS IS TO BRING YOU A VARIETY OF DANCE CARDIO WORKOUTS! WHETHER IT'S LINE DANCING POUNDPOMS DANCING OR JUST FUN DANCING, IT WILL GET YOUR HEART PUMPING TO THE OLDIES AND THE NEWBIES!

KICK & CORE: THIS FUN CARDIO WORKOUT WILL TEACH YOU TO DEFEND YOUR BODY FROM FAT ATTACKS, BY KEEPING YOUR HEART PUMPING WHILE TORCHING CALORIES!

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 HEARTRATE, DECREASE YOUR FAT AND GET THAT BODY FINE FOR THE SUMMERTIME!

POTLUCK FITNESS: IF YOU NEED TO GET BACK TO IT OR LEARN THE BASICS OF EXERCISE, THIS CLASS OFFERS A VARIETY OF FORMATS TO EDUCATE YOU ON SAFTEY, TO STRENGTHEN YOUR MUSCLES & CORE, INCREASE BALANCE & FLEXIBILITY AND BURN FAT!

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!

STRETCH & RESET: THIS CLASS IS DESIGNED TO GET YOU RELAXED ENOUGH TO STRETCH TO RESET YOUR BODY FOR THE DAY

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.**