

# ALLEN R. BACA CENTER

## GROUP EXERCISE SCHEDULE

FALL

9/5/2023-12/16/2023

### MONDAY

8:00A-8:45A  
POWER ZONE  
AEROBICS ROOM  
MO  
(CAPACITY 20)

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

### TUESDAY

9:00A-9:45A  
KICK & CORE  
AEROBICS ROOM  
TERI  
(CAPACITY 20)

10:00A-10:45A  
SCULPT THAT  
BODY  
AEROBICS ROOM  
TERI  
(CAPACITY 15)

11:00A-12:00P  
RELAXING  
YOGA\*\*  
AEROBICS ROOM  
ALEJANDRA  
(CAPACITY 15)

### WEDNESDAY

8:00-8:45A  
MOVE IT, SHAKE  
IT, LIFT IT  
AEROBICS ROOM  
KATHY  
(CAPACITY 20)

9:00-9:30P  
INTRO TO DANCE  
STEP AEROBICS  
AEROBICS ROOM  
LATISHA  
(CAPACITY 15)

### THURSDAY

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

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

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

5:45P-6:45P  
INTRO TO DANCE  
STEP AEROBICS  
AEROBICS ROOM  
LATISHA  
(CAPACITY 15)

### 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 9/26/2023

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 SIGN IN TO PARTICIPATE. 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!

## CLASS DESCRIPTIONS

**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

**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!

**INTRO TO DANCE STEPAEROBICS:** THIS IS A MOTIVATIONAL AND FUN DANCE CLASS WITH OR WITHOUT THE USE OF A STEP! THE USE OF THE STEP WILL HELP TONE YOUR LEGS AND JUMP START YOUR METABOLISM INCREASING YOUR FAT BURNING PERCENTAGE. EITHER WAY, IT'S A GREAT CALORIE BURNING CLASS!

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

**MOVE IT, SHAKE IT, LIFT IT:** EXERCISES CONSISTING OF A VARIETY OF BODY MOVEMENTS TO TARGET UPPER OR LOWER BODY MUSCLE GROUPS.

**POWER ZONE:** HAVING STRONGER, LEANER MUSCLES CAN BRING YOU ALL THE CLOSER TO YOUR FITNESS GOALS! AND WITH STRENGTH TRAINING, GETTING THERE WILL BE EFFECTIVE AND FUN. YOU'LL LEAVE FEELING MOTIVATED IN BOTH MIND, BODY AND ATTITUDE

**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!

**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.

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

\*\*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.

**\*\*STAY UP TO DATE ON CANCELLATIONS AND SUBS BY JOINING OUR FACEBOOK GROUP:  
ROCKACTIVE**

