

ALLEN R. BACA CENTER

GROUP EXERCISE SCHEDULE

FALL

9/3/2024-12/21/2024

MONDAY

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

9:00A-9:45A
BARRE ABOVE
AEROBICS ROOM
CHRISTA
(CAPACITY 22)

10:00A-10:45A
STRETCH &
RESET
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)

6:30P-730P
ZUMBA
AEROBICS ROOM
HANS
(CAPACITY 25)

WEDNESDAY

8:00A-8:45A
MOVE IT, SHAKE
IT, LIFT IT
KATHY
(CAPACITY 15)

9:00A-9:30A
DANCE STEP
AEROBICS ROOM
LATISHA
(CAPACITY 15)

10:00A-11:00A
ZUMBA
AEROBICS ROOM
HANS
(CAPACITY 25)

THURSDAY

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

9:00A-9:45A
BARRE ABOVE
AEROBICS ROOM
CHRISTA
(CAPACITY 22)

10:00A-10:45A
STRETCH &
RESET
AEROBICS ROOM
CHRISTA
(CAPACITY 20)

FRIDAY

9:00A-9:45A
SWEAT FEST
AEROBICS ROOM
KATHY K.
(CAPACITY 20)

10:00A-10:45A
YOLATES
AEROBICS ROOM
KATHY K.
(CAPACITY 20)

11:00-11:45
STRENGTH, CORE,
BALANCE & MORE
AEROBICS ROOM
JOE
(CAPACITY 20)

RULES FOR GROUP EXERCISE CLASS

- TICKETS FOR GROUP EXERCISE CLASSES WILL BE HANDED OUT AT THE LOBBY DESK 15 MINUTES PRIOR TO THE CLASS START TIME. TICKETS WILL NOT BE HANDED OUT AFTER THE START TIME OF RELAXING YOGA, AND NO LATER THAN 5 MINUTES AFTER THE START OF ALL OTHER CLASSES.
- BACA CENTER MEMBERS MUST PRESENT AND SCAN THEIR MEMBERSHIP CARD TO VALIDATE A CURRENT MEMBERSHIP TO RECEIVE A GROUP EXERCISE TICKET. NON-MEMBERS WILL PAY THE DROP-IN RATE OF \$3/CLASS.
- FOR SAFETY, WHEN MAX CAPACITY IS REACHED FOR THE CLASS, NO ADDITIONAL ADMITTANCE WILL BE ALLOWED
- PARTICIPANTS MAY NOT RECEIVE TICKETS FOR MULTIPLE CLASSES AT ONE TIME. A MEMBERSHIP CARD SCAN WILL NEED TO OCCUR FOR A TICKET TO BE ISSUED.
- PARTICIPANTS ARE TO REMAIN IN THE HALLWAY UNTIL DIRECTED BY INSTRUCTOR TO ENTER.
- PARTICIPANTS WILL RETAIN THEIR TICKET UNTIL IT IS ASKED FOR BY THE INSTRUCTOR, THEN SIGN IN ON THE "SIGN IN SHEET" PROVIDED FOR THE CLASS.

*UPDATED 9/11/2024

THE ALLEN R. BACA CENTER VALUES HEALTH AND EXERCISE AND PROVIDES GROUP EXERCISE CLASSES TO OUR MEMBERS WITH WEIGHT ROOM MEMBERSHIP FOR FREE. NON-MEMBERS MUST PAY THE DROP-IN RATE OF \$3/CLASS. CLASS PARTICIPATION IS LIMITED BASED ON SPACE AND EQUIPMENT. FITNESS CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS AND MODIFICATIONS WILL BE TAUGHT. PLEASE BE RESPECTFUL AND COURTEOUS TO OTHER PARTICIPANTS AND OUR INSTRUCTORS. FOR YOUR SAFETY, PLEASE CLEAN EQUIPMENT BEFORE AND AFTER USE. CLEANING SUPPLIES ARE PROVIDED. ATHLETIC CLOSED TOED SHOES ARE A REQUIREMENT FOR PARTICIPATION. PLEASE SEE WWW.BACACENTER.COM OR THE BACA CENTER FRONT DESK FOR CURRENT GROUP EXERCISE SCHEDULES AND CLASS POLICIES AND GUIDELINES. THANK YOU & ENJOY THE GROUP EXERCISE CLASSES AT THE BACA CENTER!

CLASS DESCRIPTIONS

BARRE ABOVE: 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!

DANCE STEP: 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: A VARIETY OF EXERCISE BODY MOVEMENTS THAT 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: THIS CLASS IS A GENTLE YOGA CLASS DESIGNED TO RELEASE TENSION FROM THE BODY AND MIND. PARTICIPANTS MUST BE ABLE TO GET ON THE FLOOR AND BACK UP INDEPENDENTLY. IF YOU CANNOT MEET THIS REQUIREMENT, TRY THE CHAIR YOGA CLASS.

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!

STRENGTH, CORE, BALANCE & MORE: 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!

SCULPT THAT BODY: DESIGNED TO STRENGTHEN & TONE THE MAJOR MUSCLE GROUPS WHILE INCREASING BONE DENSITY, IMPROVING BALANCE, FLEXIBILITY & RANGE OF MOTION ENDING W/FULL BODY STRETCHING ELONGATING THE MUSCLES.

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

SWEAT FEST: THIS CARDIO BLAST CLASS WILL GET YOU SWEATING WHILE TRAINING THE MOST IMPORTANT MUSCLE IN YOUR BODY, THE HEART!

YOLATES: THIS BLEND OF YOGA, PILATES AND STRENGTHENING MOVEMENTS IS THE PERFECT FOLLOW UP AFTER A TOUGH WORKOUT

ZUMBA: A FUSION OF LATIN DANCE RHYTHMS FEATURING INTERVAL TRAINING USING FAST AND SLOW SESSIONS.

SEEKING MORE FITNESS OPPORTUNITIES? ROUND ROCK PARKS & RECREATION OFFERS A VARIETY OF FITNESS & WELLNESS PROGRAMS. OUR FITNESS TEAM IS EQUIPPED WITH KNOWLEDGE, PASSION & MOTIVATION TO HELP YOU REACH YOUR FITNESS GOALS. VISIT WWW.ROUNDROCKRECREATION.COM TO SEE ALL SERVICES OFFERED!

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

