

# 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-9:45A  
CARDIO BURN  
AEROBICS ROOM  
LATISHA  
(CAPACITY 22)

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 10/09/2024

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](http://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!

**CARDIO BURN:** THIS NON-STOP FULL BODY HARD HITTING CARDIO WORKOUT SET TO UPBEAT MUSIC UTILISES LIGHT WEIGHTS TO INCREASE YOUR CARDIO ENDURANCE WHILE TONING YOUR MUSCLES. THIS CLASS IS A GREAT WAY TO PUSH YOU TO THE NEXT LEVEL.

**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](http://WWW.ROUNDROCKRECREATION.COM) TO SEE ALL SERVICES OFFERED!

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

