

ALLEN R.

BACA CENTER

GROUP EXERCISE SCHEDULE

JAN 5 - MAR 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 	8:00AM - 8:45AM CARDIO & STRETCH AEROBICS ROOM JOE (20) 	8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM KATHY (20) 	8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM KATHY (20) 	
9:00AM - 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 	9:00AM - 9:45AM STEP & SCULPT AEROBICS ROOM TERI (20) 	9:00AM - 9:45AM MOBILITY & STRENGTH AEROBICS ROOM ASHLEY (22) 	9:00AM - 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 	9:00AM - 9:45AM CARDIO AEROBICS ROOM KATHY (20) 
10:00AM - 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 	10:00AM - 10:45AM STRENGTH & CONDITIONING AEROBICS ROOM TERI (20) 	10:00AM - 10:45AM CARDIO & DANCE AEROBICS ROOM MARCELLUS (24) 	10:00AM - 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 	10:00AM - 10:45AM MIND & BODY AEROBICS ROOM KATHY (20) 
	11:00AM - 11:45AM YOGA AEROBICS ROOM ALEJANDRA (15) 		5:30PM - 6:15PM STRENGTH & CONDITIONING MEETING ROOM 1 ASHLEY (22) 	11:00AM - 11:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 

 Strength & Conditioning
 Cardio & Dance
 Mind & Body

 See back for descriptions and
 class policies & guidelines

STRENGTH & CONDITIONING

Our Strength and Conditioning classes combine strength training, cardio, core sculpting, and flexibility to help you build endurance, burn fat, and improve overall fitness. Each class challenges and transforms your body while incorporating recovery for optimal results.



CARDIO & DANCE



Our high-energy cardio classes combine dance, step, and full-body workouts set to motivating music. Each class keeps you moving and burning calories for an exciting way to boost endurance and fitness.



MIND & BODY



Our mind-body classes focus on flexibility, balance, stretching and relaxation. Each class promotes overall well-being through mindful movement.

For yoga, participants must be able to get on the floor and back up independently. If this requirement cannot be met, we encourage you to try the Chair Yoga class.

Group Exercise Classes are included in the Baca Center Weight Room membership. 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 shown. Please be respectful and courteous to other participants and instructors by arriving on time and remaining in the room for the duration of the class. For your safety, please clean equipment before and after use. Cleaning supplies are provided. Athletic closed toe shoes are a requirement for participation.

Please see www.BacaCenter.com or the Front Desk for current group exercise schedules, class policies and guidelines.

Group Exercise Class Ticket Process

- 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 of 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.