



# Total Wellness - San Marcos @ the San Marcos Activity Center

Group Exercise Schedule  
January 11th - May 15th

Registration & Class Reservation:  
[www.totalwellness-sanmarcos.com/adult-group-fitness](http://www.totalwellness-sanmarcos.com/adult-group-fitness)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM	★ Floor, Core & More! Via Facebook Live		★ Functional Strength & Stability via Facebook Live	Strength & Conditioning via Facebook Live		
10:00-11:00 AM		★ AOA FitMix via Facebook Live			R&R Yoga via Facebook Live	★ Group Personal Training (10:15-11:15 AM) via Facebook Live
12:00-12:45 PM		★ Strength 101 Via Facebook Live		Yoga Flow via Facebook Live		
12:15-12:45 PM	Rest, Relax, Restore via Zoom <a href="https://txstate.zoom.us/j/95593507678">https://txstate.zoom.us/j/95593507678</a>	Kickbox Bootcamp (12:15-1:00 PM) via Zoom <a href="https://txstate.zoom.us/j/94051326229">https://txstate.zoom.us/j/94051326229</a>	Core Strengthening via Zoom <a href="https://txstate.zoom.us/j/98834153162">https://txstate.zoom.us/j/98834153162</a>		Circuit Training via Zoom <a href="https://txstate.zoom.us/j/95884490998">https://txstate.zoom.us/j/95884490998</a>	★ In-person Option
4:00-5:00 PM		★ H2O+ In-person Only				■ In-person Only
5:30-6:30 PM	★ Yoga Flow via Facebook Live	★ Zumba® via Zoom <a href="https://txstate.zoom.us/j/94870349329">https://txstate.zoom.us/j/94870349329</a>	★ Step It Up via Facebook Live	AOA FitMix/ Joint Mobility (alternating weekly) Via Facebook Live	Meditation & Relaxation via Facebook Live	■ Facebook Live
6:30-7:15 PM			Barre Fusion via Facebook Live			■ Zoom*

\*Email payment receipt to [wellness@txstate.edu](mailto:wellness@txstate.edu) to receive Zoom Password.

In-person classes by reservation only. Availability may change at any time, pending facility changes.

## Class Descriptions

**AOA FitMix** improves your overall functional fitness with our innovative exercises that target range of motion, coordination, balance, and cardiovascular and muscular fitness.

**Barre Fusion** incorporates small isometric movements from ballet, Pilates, and yoga for a full-body sculpting class. No ballet background is needed.

**Circuit Training** incorporates elements of high intensity and functional training to strengthen the entire body. This workout is catered towards all levels of fitness.

**Core Strengthening** is designed to work large muscle groups and deep core muscles through body weight exercises.

**Floor, Core, and More** is a type of foundation training specifically designed to help achieve overall core strength and stabilization.

**Functional Strength & Stability** is designed for all lifestyles to enhance strength, mobility, and core stability in ways that improve physical function for daily life.

**H2O+** is a non-impact workout designed to improve range of motion, cardiovascular and muscular fitness and assist in maintaining and improving your functional fitness.

**Joint Mobility** is a form of injury prevention training with joint-focused exercises and stretches designed to improve mobility, functional fitness, and overall joint health.

**Kickbox Bootcamp** comes at you with martial arts-inspired strength, endurance, and interval drills designed to torch calories while boosting your overall fitness.

**Meditation & Relaxation** is designed for those looking for ways to slow down their thoughts, increase awareness, and reduce stress. The class will begin with slow, mindful movement to get the blood flowing, bringing you to the present moment & will end in stillness to practice cultivating awareness through observation.

**R&R Yoga (Restore & Rejuvenate)** is a luxurious yoga practice that flows slowly through gentle movements to calm, nourish, and rejuvenate the body.

**Rest, Relax, Restore** is all about taking time out of your day to relax your body and rest your mind. Stretching combined with short rest periods will ensure you feel refreshed and ready to conquer your day.

**Step It Up** is one of the cornerstones of aerobic fitness and our modern version will keep your body stronger than ever with a perfect combination of cardiovascular and strength exercises.

**Strength 101** is designed for you to learn the fundamentals of strength training & improve your muscular fitness.

**Strength & Conditioning** work to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly varied, always challenging class.

**Yoga Flow** soothes the soul and relaxes the mind while moving your body as you follow your breath.

**Zumba**® is an aerobic dance fused with hypnotic Latin & International rhythms to help improve balance, coordination, agility, muscle tone, & keep the heart healthy. Ditch the workout and join the party!