



# Total Wellness - San Marcos

## At the San Marcos Activity Center

Activity Center membership is not required to participate  
Fit Kids Club included with all Adult Memberships

**Current Session:**  
**April 30<sup>th</sup> – August 25<sup>th</sup>**

### CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>	8:45-10:15 AM <b>Fit Kids Club</b> Children's Room	8:45-10:15 AM <b>Fit Kids Club</b> Children's Room	8:45-10:15 AM <b>Fit Kids Club</b> Children's Room	8:45-10:15 AM <b>Fit Kids Club</b> Children's Room	8:45-11:30 AM <b>Fit Kids Club</b> Children's Room	
	9:00-9:45 AM <b>H2O+</b> Pool	9:00-9:45 AM <b>H2O+</b> Pool	9:00-9:45 AM <b>H2O+</b> Pool	9:00-9:45 AM <b>H2O+</b> Pool	9:00-9:45 AM <b>H2O+</b> Pool	
	9:00-10:00 AM <b>RIPPED</b> Studio 2	9:00-10:00 AM <b>CYCLONE 'N TONE</b> Studio 1	9:00-10:00 AM <b>STEP IT UP</b> Studio 2	9:00-10:00 AM <b>CYCLONE 'N TONE</b> Studio 1	9:00-10:00 AM <b>Strength &amp; Conditioning</b> Studio 2	10 AM–11:30 AM <b>Fit Kids Club</b> Children's Room
	10:15-11:15 AM <b>AOA FitMix</b> Studio 2	10:15-11:15 AM <b>AOA FitMix</b> Studio 2		10:15-11:15 AM <b>AOA FitMix</b> Studio 2	10:15-11:15 AM <b>R&amp;R Yoga</b> ॐ Studio 2	10:15-11:15 AM <b>Group Personal Training</b> Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EVENING</b>	5:15-7:45 PM <b>Fit Kids Club</b> Children's Room	5:15-7:45 PM <b>Fit Kids Club</b> Children's Room	5:15-7:45 PM <b>Fit Kids Club</b> Children's Room	5:15-7:45 PM <b>Fit Kids Club</b> Children's Room	<b>Facility Closures</b> May 28 & July 4  Note - Schedule may be changed at any time based on demand.	
	5:30-6:25 PM <b>HIT FUSION</b> Studio 2	5:30-6:25 PM <b>ZUMBA</b> Studio 2	5:30-6:25 PM <b>STEP IT UP</b> Studio 2	5:30-6:25 PM <b>ZUMBA</b> Studio 2		
	5:30-6:25 PM <b>Aqua Mix</b> Pool					
	6:30-7:30 PM <b>Yoga Flow</b> ॐ Studio 2	6:30-7:30 PM <b>YGLOW CYCLE</b> Studio 1	6:30-7:30 PM <b>Yoga Flow</b> ॐ Studio 2	6:30-7:30 PM <b>Combat Strength</b> Studio 2		

### MEMBERSHIP OPTIONS

	All Day Drop-In Pass	Session Package Spring   Summer   Fall	Annual Enrollment
All Group Fitness Classes	\$8	\$115	\$26.82/mo
Super Seniors, 70+ Years Young	\$5	\$85	\$18.64/mo
Fit-Kid's Club (Non-fitness members)	\$6	\$60	\$11.82/mo

*\*Note: Enroll at any time for our Annual Membership program. The 1<sup>st</sup> month of enrollment you will be debited \$50, then the next 11 months will be auto-debited at the monthly rate listed above under Annual Enrollment. The front desk must receive a 30-day to discontinue your annual membership.*

2-step registration: 1) register online at [www.TotalWellness-SanMarcos.com](http://www.TotalWellness-SanMarcos.com) & 2) submit payment at the front desk of the San Marcos Activity Center.

**Contact Us!**  
Email: [wellness@txstate.edu](mailto:wellness@txstate.edu) or call Carolyn Swearingen, Co-director at 512-245-1972

Get connected and stay informed with our FREE weekly newsletters and check out our blog, Facebook, and Instagram!  
Upcoming Events - Nutrition Topics - Healthy Recipes - Health Behavior Change Strategies & MORE!

## Class Descriptions

**Total Wellness-San Marcos** group classes are taught in a non-intimidating environment by highly skilled and enthusiastic instructors, committed to providing and effective workouts. Our instructors will provide you with proper guidance so that coordination and experience are not necessary and will demonstrate modifications so that you will be able to set your own intensity.

<b>AOA FitMix</b>	<b><u>AOA (Active Older Adults) Fit-Mix</u></b> - Improve your overall functional fitness with our innovative exercises that target range of motion, coordination, balance, and cardiovascular and muscular fitness.
<b>CYCLONE 'N TONE</b>	<b><u>Cyclone 'n Tone</u></b> - Combine the cardiovascular benefits of indoor cycling with full-body strength training using a variety of equipment in this great combo class for all fitness levels.
<b>GLOW CYCLE</b>	<b><u>Glow Cycle</u></b> – Experience the thrill of this high- intensity blacklight cycle party that culminates in an off-the-bike resistance training burn out session.
<b>Group Personal Training</b>	<b><u>Group Personal Training</u></b> – Featuring cardiovascular & muscular strength & endurance, and a little extra one-one with the trainer, each class will challenge the group in a new and innovative way.
<b>HIIT FUSION</b>	<b><u>HIIT Fusion</u></b> – All the best exercises – athletics, dance, boxing, step, resistance, & more – are fused into this dynamic, high-intensity interval training class that uses quick, intense bursts to get your heart pumping.
<b>Combat Strength</b>	<b><u>Combat Strength</u></b> - These martial arts-inspired exercise drills combined with powerful strength movements torch calories while enhancing overall fitness.
<b>R&amp;R Yoga</b>	<b><u>R&amp;R Yoga</u></b> – (Restore & Rejuvenate) This luxurious yoga practice flows slowly through gentle movements to calm, nourish, and rejuvenate the body.
<b>R.I.P.P.E.D.</b>	<b><u>R.I.P.P.E.D.®</u></b> - “The One-Stop Body Shock” is a pre-choreographed, athletic-based workout that incorporates weights and cardio set to a rockin’ playlist!
<b>STEP IT UP</b>	<b><u>Step it UP</u></b> – One of the cornerstones of aerobic fitness, step aerobics is stronger than ever in this hip, modern combo of cardiovascular fitness and muscular strengthening.
<b>Strength &amp; Conditioning</b>	<b><u>Strength &amp; Conditioning</u></b> – Work to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly-varied, always challenging class.
<b>Yoga Flow</b>	<b><u>Yoga Flow</u></b> – Use breathe and movement to improve strength and flexibility, soothe the soul and relax the mind.
<b>ZUMBA</b>	<b><u>Zumba®</u></b> - Workout in a party atmosphere that fuses hypnotic Latin and International rhythms with dance and aerobic elements to improve balance, coordination, agility, muscle tone, and keep the heart healthy.

## Water-Based Classes

Aquatic classes are open to all levels of fitness & ability; no swimming skills necessary; low to no impact; enjoy the feeling of weightlessness in this joint friendly environment; improves circulation thus decreasing swelling & discomfort; water provides both resistance & assistance to movement; & is designed to increase strength, flexibility, mobility, posture, balance & endurance.

<b>Aqua Mix</b>	<b><u>Aqua Mix</u></b> This class incorporates full body exercises of varying intensity for a fun, fresh take on the aquatic classic.
<b>H2O+</b>	<b><u>H2O+</u></b> This non-impact workout is designed to improve range of motion, cardiovascular and muscular fitness and assist in maintaining and improving your functional fitness.

## Fit Kids Club

Our **Fit-Kids Club** (FKC) promotes physical activity in a safe supervised setting. Our instructors engage children ages 1 to 12 years in a safe, fun, and age-appropriate physical activity program. During the school year, FKC instructors will also assist children with their homework. All of our FKC Associates have passed a criminal background check, are certified in CPR and First Aid, and have experience in working with small children.