

Summer 2022 (May 2nd - August 27th)

Total Wellness - San Marcos

Classes held at the San Marcos Activity Center



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:45 AM	H2O+ In-person Only		H2O+ In-person Only			
10:00 - 11:00 AM	Step It Up! In-person & FB Live	AOA FitMix In-person & FB Live			R&R Yoga In-person & FB Live	Group Personal Training (10:15- 11:15 AM) In-person & FB Live
5:30 - 6:30 PM	Yoga Flow In-person & FB Live	Zumba ® In-person Only	Step It Up! In-person & FB Live	Zumba ® In-person Only		
6:30 - 7:30 PM				Glow Cycle In-person Only		

www.totalwellness-sanmarcos.com

facebook.com/totalwellnessSM

Get Fit, Stay Fit!

What we offer:

- First-rate instruction
- Friendly, social environment
- Cardio, strength, & mind/body training for all levels of fitness and experience

Our classes:

- **AOA (Active Older Adult) FitMix** improves your overall functional fitness with exercises that target range of motion, coordination, balance, and cardiovascular and muscular fitness.
- **Glow Cycle** combines indoor cycling, off-the-bike weights, blacklights and pulse-pounding beats for a total body cardio party that's "easy on the knees".
- **Group Personal Training** full-body workout with a bonus - it feels like you are one-on-one with your trainer, each class will challenge the group in a new and innovative way.
- **H2O+** is a non-impact aquatic workout designed to improve range of motion, cardiovascular and muscular fitness and assist in maintaining and improving your functional fitness.
- **R&R (Restore & Rejuvenate) Yoga** is a luxurious yoga practice that flows slowly through gentle movements to calm, nourish, and rejuvenate the body.
- **Step It Up** is our modern version of an aerobic classic that will keep your body stronger than ever with a perfect combination of cardiovascular and strength exercises.
- **Yoga Flow** soothes the soul and relaxes the mind while moving your body as you follow your breath.
- **Zumba**® is 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!

Membership

Adults 16+ Years

\$30/month Unlimited

\$10 Day Pass*

Super Seniors 70+ Years

\$25/month Unlimited

\$8 Day Pass+*

*Day passes are available at the front desk of the Activity Center.



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