



Total Wellness - San Marcos @ the San Marcos Activity Center

Fall Schedule: August 21st - December 18th, 2021

All classes are available in-person. See schedule below for virtual options.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45 AM	H2O+ In-person Only		H2O+ In-person Only	Activity Center Closed		
10:00-11:00 AM	Floor, Core & More! In-Person & Facebook Live	AOA FitMix In-Person & Facebook Live			R&R Yoga In-Person & Facebook Live	Group Personal Training (10:15-11:15 AM) In-Person & Facebook Live
5:30-6:30 PM	Yoga Flow In-Person & Facebook Live	Zumba® In-Person & Zoom https://txstate.zoom.us/j/98788080343	Step It Up In-Person & Facebook Live			

Pricing:

Adults 16+ Years	\$30/month Unlimited	\$10 Day Pass
Super Seniors 70+ Years	\$25/month Unlimited	\$8 Day Pass

Activity Center Membership Not Required

Details & Registration:

www.totalwellness-sanmarcos.com

*Email payment receipt to wellness@txstate.edu to receive Zoom Password.
Classes may be added or removed at any time. No membership refunds provided.

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.

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

Group Personal Training features all the core training areas but comes 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 workout designed to improve range of motion, cardiovascular and muscular fitness and assist in maintaining and improving your functional fitness.

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

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.

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!