

Spring 2022 (Jan 3rd - April 30th)

Total Wellness - San Marcos



Classes temporarily held at San Marcos Plaza Park,
pending the reopening of the San Marcos Activity Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:45 AM	H2O+ *suspended until AC opens		H2O+ *suspended until AC opens			
10:00 - 11:00 AM	Floor, Core & More! In-person & FB Live	AOA FitMix In-person & FB Live		AOA FitMix FB Live Only	R&R Yoga In-person & FB Live	Group Personal Training 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		

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.
- **Floor, Core, & More** is a type of foundation training specifically designed to help achieve overall core strength and stabilization.
- **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 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. Call or visit Parks & Rec main office while Activity Center is closed.



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