

Total Wellness - San Marcos

Spring 2023

(January 9th - April 29th)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:45 AM	H2O+ at the pool		H2O+ at the pool			
10:00 - 11:00 AM		AOA FitMix	HIIT Fusion		R&R Yoga *Livestream option	Group Personal Training (10:15-11:15 AM)
5:30 - 6:30 PM	Yoga Flow (5:30-6:15 PM) *Livestream option	Zumba ®	Step It Up! *Livestream option	Zumba ®		
6:30 - 7:30 PM	HIIT the Step!	Glow Cycle	Yoga Flow *Livestream option	Glow Cycle		

*Livestreamed classes are available via Facebook to members only

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.
- **HIIT Fusion** – All the best exercises – athletics, body weight, kickboxing, resistance, & more – are fused into this dynamic, high-intensity interval training class that uses quick, intense bursts to get your heart pumping.
- **HIIT the Step** – The best of both worlds – traditional meets modern – one of the foundations of aerobics coupled with today's popular exercise training style that involves repeated bouts of high intensity effort followed by varied recovery times.
- **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+*



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