



BASTROP YMCA (KERR CENTER and MAIN ST)



April 2019 GROUP EX CLASS SCHEDULE

K Indicates class will be held in the Kerr Center. **M** Indicates class will be held at Main St

Highlighted boxes Child Watch. *Child Watch available for children 18 months to 11 years

03/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM			8:30-9:30 a.m. HATHA FLOW YOGA Noreen K		8:45-9:35 a.m. CARDIO DANCE Grace K	
			8:30-9:20 a.m. CYCLE Traci M			
9AM		9:00-9:45 a.m. CARDIO STEP Kati K		9:00-9:45 a.m. SCULPT-N-STEP Kati K		9-9:50 a.m. Active-EASE Back Care Grace K
						9-9:50 a.m. CYCLE Rich M
10AM	10-11 a.m. BODYPUMP Traci K	10-11 a.m. AOA FITNESS Traci H K	10-11 a.m. BODYPUMP Jennifer K	10-11 a.m. AOA FITNESS Jo E K	10-11 a.m. BODYPUMP Traci K	
			10-11 a.m. CHAIR YOGA Noreen M			
11AM	11:15 a.m.-12:05 p.m. CARDIO DANCE Grace K	11:15 a.m. - 12:15 p.m. TRANSFORM Amanda K	11:15 a.m.-12:05 p.m. CARDIO DANCE Grace K	11:15 a.m. - 12:15 p.m. TRANSFORM Amanda K	11:15 a.m.-12:15 p.m. HATHA FLOW YOGA Noreen K	
12PM	12:15 - 1:05 p.m. Active-EASE Back Care Grace K		12:15 - 1:05 p.m. Active-EASE Back Care Grace K			
4PM		4 - 5 p.m. GENTLE YOGA Kim M		4 - 5 p.m. GENTLE YOGA Kim M		
5PM	5:30-6:20 p.m. CYCLE Chelsey M	5:45-6:30 p.m. BODYPUMP 45 minutes Rich K	5:30-6:30 p.m. STRONG Brian K	5:45-6:30 p.m. BODYPUMP 45 minutes Rich K		

Youth ages 16 & up welcome. Youth ages 12-15 may attend classes with a parent. **K**

- Member Price: Free; Non-Member price: \$10/Day Pass (first class free)
- Please arrive 5-10 minutes early to setup



April 2019 OPEN GYM AND GROUP EX CLASS SCHEDULE

Thick lined cells indicate the time when the Outdoor Fitness Center Gym is open.

03/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM	Open 6 to 11am				Open 6 to 11am	
7AM						
8AM						
9AM	9 - 10am STRONG Chelsey				9 - 10am STRONG Brian	
10PM			10-11am CT Agility Geri			10 - 11am Family Fitness Tracie B
11AM		11am-12pm CT CARDIO Geri	Open 9am-1pm	11am-12pm CT PLYO Geri		Open 10am-12pm
12PM		Open 11am-1pm	12am-1pm CT AOA Jo	Open 11am-1pm		
5PM	Open 5:30 - 7:30pm		Open 5:30 - 7:30pm	Open 5:30 - 7:30pm		
6PM	6-7pm CT Cardio Jo			6-7pm CT STRONG Jo		
7PM						

Group Ex

- Youth ages 16 & up welcome for classes. Youth ages 12-15 may attend classes with a parent.
- Member Price: Free; Non-Member price: \$10/Day Pass (first class free)
- Please arrive 5-10 minutes early to setup.

Gym

- Ages 8 - 15 must abide by the Y Family Fitness Orientation and F.A.S.T. Program to use the Gym Equipment.

CLASS DESCRIPTIONS

03/19

Active- EASE Back Care - This class can help your back stay well, heal faster and prevent injury. Learn to: ELONGATE the body as you lengthen, limber and stretch. ALIGN the bones for safe, effective, and fluid motion. STRENGTHEN by using sound exercise principles. Any level.

Active Older Adult Fitness - Any Level: A class designed for seniors that includes a cardio workout followed by muscular toning and stretching but is appropriate for people of all ages starting an exercise program or returning to exercise. This class will help increase strength and range of motion. Members have the option of incorporating the use of chairs during class for exercising to sit in or to stand and use as a stabilizing device.

LES MILLS BODYPUMP **Any Level:** Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body strength workout. It will burn up to 590 calories in 55 minutes. (45 and 55-minute classes offered)

Cardio Dance: This dance fitness class offers challenging, yet easy to learn dance sequences that burn hundreds of calories, improve memory and coordination skills, and makes you feel great in a safe and friendly environment.

Cardio/Step - This class utilizes creative and sporty exercises to help you build all-around fitness and utilizes the step in varying speeds, directions and positions. This workout strengthens and shapes the lower body, one step at a time.

Chair Yoga - An adaptive yoga class for anyone with physical limitations, allowing them to fully enjoy Yoga's amazing wellness benefits. Chair yoga is great for individuals who have difficulty moving to and from the floor or prefer the support and stability of a chair in their practice.

Circuit Training - Circuit training is the most time efficient way to enhance cardiovascular fitness and muscle endurance. An athletic workout technique involving a series of exercises performed in rotation with minimal rest, using different pieces of equipment to change between cardio, muscular endurance, agility and core.

Cycling - Any Level: Each ride is unique but will include simulated hills, mountains, flat road, and racing. This cardio workout is appropriate for all fitness levels and includes a variety of music.

Family Fitness - A Fitness class for the whole family. Cardio, flexibility, strength and fun.

Gentle Yoga - Beginner - Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.

Hatha Flow Yoga: This foundational class blends Hatha with isolated elements of Vinyasa flow pacing, such as Sun Salutations, in order to create greater awareness of breath and body. Students will both hold static postures and flow breath to movement to create a well-rounded and relaxing experience. All postures are initially introduced slowly and with attention to alignment to ensure safety during flow and ways to modify.

Step-N-Sculpt: This class offers medium level step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels.

Strong - Any Level: A class designed to develop muscular strength, coordination, balance, and stability. Use a variety of dumbbells, resistance tubes, stability balls, medicine balls and/or functional movements that will challenge every major muscle.

TRANSFORM™: TRANSFORM™ by Group Rx is an integrated yoga program that unites traditional yoga poses with agility, functional mobility, balance, and strength.