

# Aug 2019

## Bastrop YMCA Group X Schedule



Pool marked P, Kerr Center marked K, Main St marked (childwatch highlighted gray)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions
8:00 AM	8- 8:50 AM Aqua Fit Karen Ends 8/5 <b>P</b>	8- 8:50 AM Cardio Fit Karen Ends 8/6 <b>P</b>	8- 8:50 AM Aqua Fit Karen Ends 8/7 <b>P</b>	8- 8:50 AM Cardio Fit Karen Ends 8/8 <b>P</b>			<b>Active-EASE Back Care-</b> (any level) to help your back stay well, heal faster, and prevent injury. Elongate, align and strengthen through exercise.
8:30 AM			8:30- 9:20 AM Cycle Traci <b>M</b>		8:45- 9:35 AM Cardio Dance Grace <b>K</b>		<b>Active Older Adult (AOA)-</b> low impact (Any level) class designed for seniors that includes cardio, muscular toning and stretching. This class will help with your balance, increase strength and range of motion, and mental health.
9:00 AM		9 - 9:45 AM Cardio Step Tina <b>K</b>		9 - 9:45 AM Cardio Step Tina <b>K</b>		9- 9:50 AM Active-Ease Back Care Grace <b>K</b>	<b>Aqua Cardio Fit-</b> is a water class that uses dumbbells, noodles and the kick-board for a cardio workout in the water. Intense and increases your heart rate.
9:30 AM					9:30- 10:30 AM Chair Yoga Noreen <b>M</b>		<b>Aqua Fit-</b> is a water workout with dumbbells and noodles and stretching exercises.
10:00 AM	10-11 AM BODYPUMP Traci <b>K</b>	10- 11 AM AOA Fitness Traci <b>K</b>	10-11 AM BODYPUMP Jennifer <b>K</b>	10- 11 AM AOA Fitness JO <b>K</b>	10-11 AM BODYPUMP Traci <b>K</b>		<b>BODYPUMP-</b> (Any level) Using light to moderate weights with lots of repetitions, Bodypump gives you a total body strength workout. (45-55 minute classes offered) <b>15+ with parent</b>
			10- 11 AM Chair Yoga Noreen <b>M</b>				<b>Cardio Dance-</b> This dance fitness class offers challenging, yet easy to learn dance sequences that burn hundreds of calories, helps improve memory and coordination skills, and makes you feel great in a safe and friendly environment.
11:00 AM	11:15- 12:05 PM Cardio Dance Grace <b>K</b>	11:15- 12:15 PM Transform Amanda <b>K</b>	11:15- 12:05 PM Cardio Dance Grace <b>K</b>	11:15- 12:15 PM Transform Amanda <b>K</b>	11:15- 12:15 PM Hatha Flow Yoga Noreen <b>K</b>		<b>Cardio/Step-</b> 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.
12:00 PM	12:15- 1:05 PM Active-Ease Back Care Grace <b>K</b>		12:15- 1:05 PM Active-Ease Back Care Grace <b>K</b>				<b>Chair Yoga-</b> An adaptive yoga class for anyone with physical limitations, allowing them to fully enjoy Yoga's amazing wellness benefits. Great for individuals who have difficulty moving to and from the floor or prefer the support and stability of a chair in their practice.
1:00 PM							<b>Cycling-</b> (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.
1:30 PM			1:30- 2:30 PM Silver Sneakers Jo <b>K</b>				<b>Gentle Yoga-</b> (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.
4:00 PM		4-5 PM Gentle Yoga Kim <b>K</b>		4-5 PM Gentle Yoga Kim <b>K</b>			<b>Hatha Flow Yoga-</b> 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.
5:00 PM							<b>Silver Sneakers-</b> is a preventative exercise program that enhances the quality of life for mature adults across the country.
5:30 PM	5:30- 6:30 PM Cycle Chelsey <b>M</b>	5:30- 6:30 PM Strong Brian <b>K</b>	5:30 -6:30 PM Hatha Flow Yoga Noreen <b>K</b>				<b>Strong-</b> (Any level) Designed to develop muscular strength, coordination, balance, and stability. Uses a variety of dumbbells, resistance tubes, stability balls, medicine balls and functional movements that will challenge every major muscle group.
6:00 PM	6- 6:50 PM Aqua Cardio Fit Karen Starts 8/12 <b>P</b>	6- 6:50 PM Aqua Fit Grace <b>P</b>	6- 6:50 PM Aqua Cardio Fit Karen Starts 8/14 <b>P</b>	6- 6:50 PM Aqua Fit Grace <b>P</b>			<b>Transform-</b> by Group RX is an integrated yoga program that unites traditional yoga poses with agility, functional mobility, balance, and strength. <b>All Classes 12-15 with a parent, 16+</b>

Bastrop YMCA Family Branch | 512.321.9622 | [www.BastropYMCA.org](http://www.BastropYMCA.org) | Facebook: AustinYMCA.Bastrop

Locations: Pool- 100 Park Rd 1A Kerr Center- 1308 Walnut St Main- 1112 Main St. Outdoor Fitness Center- 600 Charles Ave.

# Aug 2019

## Bastrop YMCA Gym Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Class Descriptions
6:00 AM	6-7 AM Body Blast Geri		6-7 AM CT Agility Geri				<b>AOA (Active Older Adult)</b> - low impact (Any level) class designed for seniors that includes cardio, muscular toning and stretching. This class will help with your balance, increase strength and range of motion, and mental health.
7:00 AM					7-8 AM Walk With A Trainer JO		<b>Body Blast</b> - a 1 hour small group exercise class that mixes traditional resistance training and body weight exercises with interval training and strength training. This hour will include: 5 minute warm up, 40 minute workout and 5 minutes of cool down and stretching.
8:00 AM		8-9 AM CT Cardio Geri		8-9 AM CT PLYO Geri	8-9 AM CT Strong Brian		<b>Circuit Training (CT)</b> - The most time effective way to enhance cardiovascular fitness and muscle endurance. This is a series of exercises performed in rotation with minimal amounts of rest using a variety of equipment changing between cardio, strength and agility.
9:00 AM	9-10 AM Strong Chelsey		9-10 AM CT AOA JO				<b>Family Dance Fit</b> - Great for the whole family. This class is a fun way to do cardio, improve flexibility and strength.
10:00 AM						10-11 AM Family Dance Fit Tracie B	<b>TRX</b> - Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance.
11:00 AM							<b>Walk With A Trainer</b> - Come out to the park and walk with a trainer, to ask questions and learn some great knowledge about health, fitness and nutrition.
12:00 PM							<b>FAST Program</b> - (Fit Adolescent Safty Training) teaches youth and teens (ages 12-15) how to work out safely and effectively within the Y Fitness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices.
1:00 PM							<b>FFO</b> - (Family Fitness Orientation) is here to introduce young kids ages 8-11 and their parents to the equipment the kids may use. This goes over guidelines that the families need to follow to ensure their child's safety as they enjoy classes and the open GYM.
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							<b>* Teen Strength</b> -(Registration Required: Starts 8/6) This will start with the basics of strength training and give each participant the know how to lift from the book knowledge to the practical knowledge. Include; strength, conditioning, plyometric, recovery and flexibility. Whether your teen is training for a sport or training for fitness; this class is a great start to a healthy lifestyle.
5:30 PM		5:30- 6:30 PM * Teen Strength Geri	5:30-6:30 PM Strong Brian	5:30- 6:30 PM * Teen Strength Geri			
6:00 PM	6-7 PM CT Cardio JO			6-7 PM TRX/ Strong Jo			<b>*Shaded areas:</b> Gym is Open (Monday-Friday 6-10AM, Monday-Thursday 5:30-8PM, Saturday 8-11AM)
7:00 PM							Ages allowed to attend classes: 8-15 with a parent 16+ without a parent.
8:00 PM							Ages allowed to attend open gym: 8-11 with a parent & FAST Program, 12-15 without a parent with the FAST Program, 16+

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 Outdoor Fintess Unit is located at Bob Bryant Park (600 Charles Ave)