

Sept. 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							Active-EASE Back Care- (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		8:45- 9:35 AM Cardio Dance Grace		Active Older Adult (AOA)- 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		9 - 9:45 AM Cardio Step Tina		9- 9:50 AM Active-Ease Back Care Grace	Aqua Cardio Fit- 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		Aqua Fit- is a water workout with dumbbells and noodles and stretching exercises.
10:00 AM	10-11 AM BODYPUMP Traci	10- 11 AM AOA Fitness Traci	10-11 AM BODYPUMP Jennifer	10- 11 AM AOA Fitness JO	10-11 AM BODYPUMP Traci		BODYPUMP- (Any level) Using light to moderate weights with lots of repetitions, Bodypump gives you a total body strength workout. (45-55 minute classes offered) 15+ with parent
			10- 11 AM Chair Yoga Noreen				Cardio Dance- 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	11:15- 12:15 PM Transform Amanda	11:15- 12:05 PM Cardio Dance Grace	11:15- 12:15 PM Transform Amanda	11:15- 12:15 PM Hatha Flow Yoga Noreen		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.
12:00 PM	12:15- 1:05 PM Active-Ease Back Care Grace		12:15- 1:05 PM Active-Ease Back Care Grace				Chair Yoga- 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							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.
1:30 PM			1:30- 2:30 PM Silver Sneakers Jo		1:30- 2:30 PM Silver Sneakers Jo/ Tina		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.
4:00 PM		4-5 PM Gentle Yoga Kim		4-5 PM Gentle Yoga Kim			Hatha Flow Yoga- 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							Silver Sneakers- 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	5:30- 6:30 PM Strong Brian	5:30 -6:30 PM Hatha Flow Yoga Noreen				Strong- (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	6- 6:50 PM Aqua Fit Grace	6- 6:50 PM Aqua Cardio Fit Karen	6- 6:50 PM Aqua Fit Grace			Transform- by Group RX is an integrated yoga program that unites traditional yoga poses with agility, functional mobility, balance, and strength. All Classes 13-15 with a parent, 16+

Bastrop YMCA Family Branch | 512.321.9622 | 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.

Sept. 2019

Bastrop YMCA Gym Schedule



NO Childwatch is available at the GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions
6:00 AM	6- 7 AM Body Blast Geri		6 -7 AM CT Agility Geri				Circuit Training (CT) - 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.
7:00 AM							
8:00 AM		8- 9 AM CT Cardio Geri		8- 9 AM CT PLYO Geri	8- 9 AM Strong Brian		Body Blast - 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.
9:00 AM	9- 10 AM Strong Chelsey		9- 10 AM CT AOA JO			9- 9:45 AM Teen Strength Geri	
10:00 AM						10- 11 AM Family Dance Fit Tracie B	Family Dance Fit - Families come dance and play games together. Get all the wiggles out and start the weekend off fun.
11:00 AM							
12:00 PM							Teen Strength - Introduction to fitness in the gym in a group setting. This will get teens through the FAST program.
1:00 PM							
1:30 PM							*Shaded areas: Gym is Open (Monday-Friday 6-10AM, Monday-Thursday 5:30-8PM, Saturday 8-11AM)
2:00 PM							
2:30 PM							Age's allowed to attend classes: 8-15 with a parent 16+ without a parent.
3:00 PM							
3:30 PM							Ages allowed to attend open gym: 8-11 with a parent & FAST Program, 12-15 without a parent with the FAST Program, 16+
5:00 PM							FAST Program - (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.
5:30 PM			5:30- 6:30 PM Strong Brian				
6:00 PM	6- 7 PM CT Cardio Jo			6- 7 PM TRX/ Strong JO			*Women With Weights - (Registration Required: Begins 9/9 Ends 10/2) This female-focused class will introduce you to the weight room and weight lifting-techniques that will build your confidence and help keep you accountable to meeting your own specific goals.
	6- 7 PM *Women With Weights Geri		6- 7 PM *Women With Weights Geri				
7:00 PM							
8:00 PM							

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