



BASTROP YMCA GROUP EXERCISE SCHEDULE AUGUST

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1112 MAIN STREET	ALL LEVEL CYCLING 9:00-9:50 a.m. Chelsey			ALL LEVEL CYCLING 9:00-9:50 a.m. Chelsey		ALL LEVEL CYCLING 9:00-9:50 a.m. Brian		
		ALL LEVEL CYCLING 12:15-1:05 p.m. Shena'/Traci			ALL LEVEL CYCLING 12:15-1:05 p.m. Shena'/Traci			
	ALL LEVEL CYCLING 5:30-6:20 p.m. Rich							
KERR CENTER 1308 WALNUT STREET			LES MILLS BODYPUMP 9:00-10:00 a.m. Rich		LES MILLS BODYPUMP 9:00-10:00 a.m. Rich	STEP + CARDIO KICKBOXING 9:00-9:50 a.m. Amanda	MAT PILATES-BEGINNING 9:00-9:50 a.m. Grace	
	STRONG 10:05-11:00 a.m. Chelsey	Senior STRONG 10:15-11:05 a.m. Rich	STRONG 10:05-11:00 a.m. Chelsey	Senior STRONG 10:15-11:05 a.m. Rich	STRONG 10:05-11:00 a.m. Chelsey	LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda		
		CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda	LATIN ZYDECO DANCE 11:15-12:05 p.m. Grace	CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda	CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda	CHAIR YOGA 11:15 a.m.-12:05 p.m. Candice		
	MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace	YOGA 12:15-1:15 p.m. Kasey	MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace	YOGA 12:15-1:15 p.m. Kasey	YOGA 12:15-1:15 p.m. Kasey	POWER YOGA 12:15-1:15 p.m. Candice		
		LES MILLS BODYPUMP 5:30-6:30 p.m. Rich	CARDIO KICKBOXING 5:30-6:20 p.m. Amanda	HIIT Cardio 5:30-6:20 p.m. Chelsey				
			YOGA 6:30-7:30 p.m. Kasey					
POOL - BASTROP STATE PARK								
	AQUA FITNESS 8:30-9:20 a.m. Karen	AQUA FIT ATHLETIC 8:30-9:20 a.m. Karen	AQUA FITNESS 8:30-9:20 a.m. Karen	AQUA FIT ATHLETIC 8:30-9:20 a.m. Karen			AQUA FITNESS 9:30-10:20 a.m. Dianne	
		AQUA FITNESS 6:15-7:05 p.m. Grace		AQUA FITNESS 6:15-7:05 p.m. Grace				

Shaded Cell = Child Watch available for children 18 months-11 years

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



INSTRUCTOR OF THE MONTH!

Rich Heffern

Rich is our Instructor of the Month for August! Rich has been a Certified Group Fitness Instructor for 16 years and has been with The Bastrop Y for 6 months. His hobbies include mountain and road recreational and competitive bicycling, traveling (domestic and international destinations), and gardening/landscaping. What he loves about teaching group fitness is the changed lives he sees through his students' fitness achievements and the confidence they feel in themselves for reaching more than they could imagine. Rich teaches All Level Cycling on Mondays at 5:30 p.m., BODYPUMP on Tuesdays at 9:00 a.m. & 5:30 p.m., Thursdays at 9:00 a.m., and Fridays at 8:00 a.m. (East Austin location), and Senior Strong on Tuesdays and Thursdays at 10:15 a.m.

CLASS DESCRIPTIONS

All Level Cycling: Each ride is unique and will include simulated hills, mountains, sprints, flat road, racing, and more! This zero-impact cardio workout is appropriate for all fitness levels.

Aqua Fitness: Participants will build and increase physical activity levels while standing in water. Participants will learn core stabilization, increase flexibility and range of motion, and build strength & endurance.

Aqua Fit Athletic: A more challenging water class. Includes deep water exercises such as lap swimming without flotation devices. The exercises included will be more cardiovascularly intense. Not recommended for the non-swimmer.

LES MILLS BODYPUMP The original barbell class. Using light to moderate weights with high repetition, BODYPUMP offers a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Cardio Kickboxing: Punch and kick your way to cardio fitness! This energetic workout incorporates boxing, karate, Taekwondo, and more. Basic enough for the beginner, yet challenging enough for the experienced participant.

Chair Yoga: This is a specialty yoga class for anyone with hip or knee problems, or who has difficulty getting up or down from the floor.

Core Strength & Flexibility: The first half of this class is focused on core-strengthening exercises, while the second half focuses on flexibility work. Both an important piece of any fitness program!

HIIT Cardio - High Intensity Interval Training! This interval-based workout uses a variety of exercises and incorporates high intensity cardio bursts with short recovery periods. Designed to tone your body, improve your endurance & speed, and maximize calorie burn.

Mat Pilates – Beginning: Learn the fundamental exercises of Pilates to strengthen your core, lengthen your body and improve your posture.

Power Yoga - This class is considered a vinyasa (flow) style yoga class because it links breath with movement. It is more vigorous and is designed to bring heat to the body, increase flexibility and strength by encouraging proper alignment and focus in the sequence. This is an intermediate yoga class, yet all are welcome.

Step + Cardio Kickboxing: The first half of this workout utilizes the adjustable "step" platform to move up, onto, down and around for great cardio fitness, as well as exceptional training to shape the lower body. The second half of the class focuses on cardio kickboxing (description above).

STRONG: A class designed to develop muscular strength, endurance, coordination, balance, and stability. Uses a variety of dumbbells, resistance tubes, body weight exercises, medicine balls and/or functional movements that will challenge every major muscle.

Senior STRONG: Senior Strong is designed for seniors, but is appropriate for all people starting an exercise program, or returning to exercise. This class will help increase strength, endurance, and increase range of motion.

Yoga: This class uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. Recommended for all levels of students to learn correct alignment and breathing in basic yoga postures.

CLASS DESCRIPTIONS