



# BASTROP YMCA GROUP EXERCISE SCHEDULE DECEMBER 2017

Shaded Cell = Child Watch available for children 18 months-11 years *								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1112 MAIN STREET		CYCLING-ANY LEVEL 12:15-1:05 p.m. Traci		CYCLING-ANY LEVEL 12:15-1:05 p.m. Traci				
	CYCLING-ANY LEVEL 5:30-6:20 p.m. Rich							
KERR CENTER 1308 WALNUT STREET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	HATHA FLOW YOGA 8:45-9:45 a.m. Noreen					MAT PILATES - BEGINNER 9:00-9:50 a.m. Grace		
	<b>LesMILLS BODYPUMP</b> 10:00-11:00 a.m. Traci	ACTIVE OLDER ADULT FITNESS 10:00-11:00 a.m. Rich	<b>LesMILLS BODYPUMP</b> 10:00-11:00 a.m. Rich	ACTIVE OLDER ADULT FITNESS 10:00-11:00 a.m. Rich	<b>LesMILLS BODYPUMP</b> 10:00-11:00 a.m. Traci			
	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	HATHA FLOW YOGA 11:15 a.m.-12:15 p.m. Noreen	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	PILATES 11:15 a.m.-12:15 p.m. Grace	HATHA FLOW YOGA 11:30 a.m.-12:30 p.m. Noreen			
	MAT PILATES - BEGINNER 12:15-1:05 p.m. Grace		MAT PILATES - BEGINNER 12:15-1:05 p.m. Grace					
		<b>LesMILLS BODYPUMP</b> 5:30-6:30 p.m. Rich	CARDIO AGILITY 5:30-6:20 p.m. Brian	<b>LesMILLS BODYPUMP</b> 5:30-6:30 p.m. Rich				

- 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
- \* **Family Membership Childwatch is included. Individual Members, Couple Members and non-Members is \$5.00 per child for Child Watch.**

## CLASS DESCRIPTIONS

### CLASS DESCRIPTIONS

**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.



**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.

**Cardio Agility:** This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises.

**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.

**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.

**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.

**Mat Pilates – Beginner:** Learn the fundamental exercises of Pilates to strengthen your core, lengthen your body, and improve your posture. In this class, your body creates the challenge to improve core stability.

**Pilates:** Pilates will put emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. This class improves flexibility, builds strength and develops control and endurance in the entire body.