



BASTROP YMCA (KERR CENTER and MAIN ST)



DECEMBER 2018 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 11years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM			8:30-9:30 a.m. HATHA FLOW YOGA Noreen K			
9AM		9:00-9:45 a.m. CARDIO STEP Kati K				9-9:50 a.m. Active-EASE Back Care Grace
10AM	10-11 a.m. BODYPUMP Traci K	10-11 a.m. AOA FITNESS Rich K	10-11 a.m. BODYPUMP Jennifer K	10-11 a.m. AOA FITNESS Traci 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		12:15 -1:05 p.m. Active-EASE Back Care Grace			
1PM						
4PM						
5PM	5:30-6:20 p.m. CYCLE Chelsey M	5:30-6:30 p.m. BODYPUMP Rich K				
6PM						

• 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 Child Watch is included. Individual Members, Couple Members and non-Members is \$5.00 per child for Child Watch.



BASTROP YMCA (OUTDOOR FITNESS CENTER, BOB BRYANT PARK)



DECEMBER 2018 OPEN GYM AND GROUP EX CLASS SCHEDULE

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM	8-10 a.m. OPEN GYM		8-10 a.m. OPEN GYM			8-10 a.m. OPEN GYM
9AM	9-10 a.m. Strong Chelsey		9-10 a.m. CT Strong Geri			9-10 a.m. CT CARDIO Jo
10AM						
11AM		11 a.m.-1 p.m. OPEN GYM		11 a.m.-1 p.m. OPEN GYM		
12PM		12-1 p.m. CT CARDIO Chelsey		12-1 p.m. CT PLYO Geri		
1PM						
2PM						
3PM						
4PM						
5PM				5-7 p.m. OPEN GYM	5-7 p.m. OPEN GYM to Members and Community	
6PM				6-7 p.m. CT STRONG Jo		

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: Free until Dec 31, 2018.
- 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

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 Yoga - Basic yoga appropriate for all levels and ages. Join us as we tell a story with our yoga poses. The whole family will benefit from this practice, geared toward developing imagination, flexibility, and strength.

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.

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.

Zumba® Gold - Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class focuses on balance, range of motion and coordination.