



BASTROP YMCA GROUP EXERCISE SCHEDULE FEBRUARY 2017

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|--|--------|
| 1112 MAIN STREET | | | | | | | | |
| | | | | | | | | |
| | | | CYCLING-ALL LEVELS 12:15-1:05 p.m. Traci | | | CYCLING-ALL LEVELS 12:15-1:05 p.m. Traci | | |
| | | CYCLING-ALL LEVELS 5:30-6:20 p.m. Rich | | | | | | |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| KERR CENTER 1308 WALNUT STREET | | GENTLE SENIOR FITNESS 9:00-9:50 a.m. Traci | | | | CARDIO KICKBOXING 9:00-9:50 a.m. Amanda | MAT PILATES- BEGINNING 9:00-9:50 a.m. Grace | |
| | | LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda | SENIOR STRONG 10:15-11:05 a.m. Rich | LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda | SENIOR STRONG 10:15-11:05 a.m. Rich | LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda | | |
| | | LATIN ZYDECO DANCE 11:15 a.m.-12:05 p.m. Grace | CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda | LATIN ZYDECO DANCE 11:15 a.m.-12:05 p.m. Grace | CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda | TAI CHI 11:15 a.m.-12:45 p.m. John | | |
| | | MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace | VINYASA YOGA 12:15-1:15 p.m. Kasey | MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace | VINYASA YOGA 12:15-1:15 p.m. Kasey | | | |
| | | | LES MILLS BODYPUMP 5:30-6:30 p.m. Rich | CARDIO KICKBOXING 5:30-6:20 p.m. Amanda | LES MILLS BODYPUMP 5:30-6:30 p.m. Rich | | | |
| | Shaded Cell = Child Watch available for children 18 months-11 years | | | | | | | |
| <ul style="list-style-type: none"> 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 | | | | | | | | |

CLASS DESCRIPTIONS



Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories.

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.

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

Cycling - All Levels: 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.

Gentle Senior Fitness: Seniors can improve endurance, strength, flexibility, and balance. This class will incorporate the use of chairs, resistance bands, and light weights.

Latin Zydeco Dance: Take fun and core-engaging Latin steps, and add the line-dancing elements of Zydeco. A unique low-impact cardio workout for all levels.

Mat Pilates – Beginning: 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.

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

Tai Chi: Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, students perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.

Vinyasa Yoga: Vinyasa Yoga is a moderately paced class where students continue to build awareness, strength, skill and focus. Classes will maintain awareness and focus on the breath while moving through a series of postures.