



**BASTROP YMCA
GROUP EXERCISE SCHEDULE
JANUARY 2017**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1112 MAIN STREET				CYCLING-ALL LEVELS 9:00-9:50 a.m. Chelsey				
		CYCLING-ALL LEVELS 11:30 a.m.-12:20 p.m. Chelsey						
			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						
KERR CENTER 1308 WALNUT STREET		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			LES MILLS BODYPUMP 9:00-10:00 a.m. Amanda		HIIT 9:00-9:50 a.m. Chelsey	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	LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda		
		GENTLE SENIOR FITNESS 11:15 a.m.-12:05 p.m. Traci	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 								



INSTRUCTOR OF THE MONTH!

Grace Garne

Grace is our Instructor of the Month! She has been teaching for 44 years and has been with Y for 7 years. Her other jobs include musician, Pilates studio owner, and writer. What she loves about teaching is learning from her students. She teaches at the Kerr Center: Mat Pilates Mondays & Wednesdays at 12:15pm and Saturdays at 9:00 a.m.; Latin Zydeco Dance Wednesdays at 11:15 a.m.

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.

HIIT: High Intensity Interval Training. This class will challenge and increase your strength and cardio endurance. Fast and intense bursts will get your heart rate up followed by a cool down move & repeat.

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.

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 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.