



# BASTROP YMCA GROUP EXERCISE SCHEDULE JUNE 2017

Shaded Cell = Child Watch available for children 18 months-11 years								
1112 MAIN STREET	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	
		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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	
	HATHA FLOW YOGA 8:45-9:45 a.m. Noreen					MAT PILATES 9:00-9:50 a.m. Grace		
	<b>LES MILLS</b> <b>BODYPUMP</b> 10:00-11:00 a.m. Traci	SENIOR STRONG 10:00-11:00 a.m. Rich	<b>LES MILLS</b> <b>BODYPUMP</b> 10:00-11:00 a.m. Amanda	SENIOR STRONG 10:00-11:00 a.m. Rich	<b>LES MILLS</b> <b>BODYPUMP</b> 10:00-11:00 a.m. Amanda			
	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	TRANSFORM™ 11:15 a.m.-12:05 p.m. Amanda	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	TRANSFORM™ 11:15 a.m.-12:05 p.m. Amanda				
	MAT PILATES 12:15-1:05 p.m. Grace		MAT PILATES 12:15-1:05 p.m. Grace		HATHA FLOW YOGA 12:15-1:15 p.m. Noreen			
		<b>LES MILLS</b> <b>BODYPUMP</b> 5:30-6:30 p.m. Rich	CARDIO KICKBOXING 5:30-6:20 p.m. Amanda	<b>LES MILLS</b> <b>BODYPUMP</b> 5:30-6:30 p.m. Rich				
BASTROP STATE PARK POOL	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	
	AQUA INTERVAL - BEGINNER 8:30-9:20 a.m. Karen	AQUA INTERVAL - INTERMEDIATE/ADV 8:30-9:20 a.m. Karen	AQUA INTERVAL - BEGINNER 8:30-9:20 a.m. Karen	AQUA INTERVAL - INTERMEDIATE/ADV 8:30-9:20 a.m. Karen		AQUA CARDIO MIX 9:00-9:50 Dianne		
	AQUA INTERVAL 6:15-7:05 p.m. Grace			AQUA INTERVAL 6:15-7:05 p.m. Grace				

- 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

**Aqua Cardio Mix:** Blast serious calories and discover endurance and increased range of motion.

**Aqua Interval - Beginner:** Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout at a beginner level.

**Aqua Interval - Intermediate/Adv:** Pump up the intensity without the strain on the joints and take it to the next level. This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout!

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

**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 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.

**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.

**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:** 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.

**TRANSFORM™:** TRANSFORM™ by Group Rx is an integrated yoga program that unites traditional yoga poses with agility, functional mobility, balance, and strength.