



BASTROP YMCA GROUP EXERCISE SCHEDULE MARCH 2018

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 H		CYCLING-ANY LEVEL 12:15-1:05 p.m. Rich H			
		CYCLING-ANY LEVEL 5:30-6:20 p.m. Vicky M						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KERR CENTER 1308 WALNUT STREET				HATHA FLOW YOGA 8:30-9:30 a.m. Noreen T		ZUMBA GOLD - BEGINNER 8:30-9:30 a.m. Sam Z	MAT PILATES - INTERMEDIATE 9:00-9:50 a.m. Grace G	
		LesMILLS BODYPUMP 10:00-11:00 a.m. Traci H	ACTIVE OLDER ADULT FITNESS 10:00-11:00 a.m. Rich H	LesMILLS BODYPUMP 10:00-11:00 a.m. Rich H	ACTIVE OLDER ADULT FITNESS 10:00-11:00 a.m. Traci H	LesMILLS BODYPUMP 10:00-11:00 a.m. Traci H		
		CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace G	TRANSFORM 11:15 a.m.-12:15 p.m. Amanda K	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace G	TRANSFORM 11:15 a.m.-12:15 p.m. Amanda K	HATHA FLOW YOGA 11:30 a.m.-12:30 p.m. Noreen T		
		MAT PILATES - INTERMEDIATE 12:15-1:05 p.m. Grace G		MAT PILATES - INTERMEDIATE 12:15-1:05 p.m. Grace G	CHAIR YOGA 12:30 -1:30 p.m. Noreen T			
			LesMILLS BODYPUMP 5:30-6:30 p.m. Rich H	STRONG - ANY LEVEL 5:30 - 6:30 p.m. Brian L	LesMILLS BODYPUMP 5:30-6:30 p.m. Rich H			

- 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

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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 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.

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.

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.

HIIT Cycling - Any Level: Indoor Cycling class to improve cardiovascular health through high-intensity interval training, which raises your heart rate up and down, allowing more calories to be burned than a longer class. (HIIT = High Intensity Interval Training)

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 - Intermediate: 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.

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.