



# BASTROP YMCA GROUP EXERCISE SCHEDULE MAY 2017

Shaded Cell = Child Watch available for children 18 months-11 years

	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							
KERR CENTER 1308 WALNUT STREET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
						MAT PILATES-BEGINNING 9:00-9:50 a.m. Grace		
	<b>LES MILLS BODYPUMP</b> 10:00-11:00 a.m. Traci	SENIOR STRONG 10:00-11:00 a.m. Rich	<b>LES MILLS BODYPUMP</b> 10:00-11:00 a.m. Amanda	SENIOR STRONG 10:00-11:00 a.m. Rich	<b>LES MILLS BODYPUMP</b> 10:00-11:00 a.m. Amanda			
	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda	CARDIO KICKBOXING 11:10 a.m.-12:00 p.m. Amanda			
	MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace		MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace		HATHA FLOW YOGA 12:15-1:15 p.m. Noreen			
	<b>LES MILLS BODYPUMP</b> 5:30-6:30 p.m. Rich	CARDIO KICKBOXING 5:30-6:20 p.m. Amanda	<b>LES MILLS BODYPUMP</b> 5:30-6:30 p.m. Rich					
BASTROP STATE PARK POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		AQUA INTERVAL - INTERMEDIATE/ADV (Begins May 30) 8:30-9:20 a.m. Karen	AQUA INTERVAL - BEGINNER (begins May 31) 8:30-9:20 a.m. Karen			AQUA CARDIO MIX (Begins May 27) 9:00-9:50 a.m. Dianne		
		AQUA INTERVAL - ALL LEVELS 6:15-7:05 p.m. Grace		AQUA INTERVAL - ALL LEVELS 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 BODYPUMP** Using light to moderate weights with lots of repetition, BODYPUMP™ 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.

**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.

**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 – 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.