

OUTDOOR FITNESS CENTER

GROUP EXERCISE CLASS SCHEDULE | Nov 5 - 17

MORNING (AM)

MONDAY

CT— CARDIO
6:00—7:00
GERI

STRONG
9:00—
10:00
CHELSEY

TUESDAY

WEDNESDAY

CT—
CARDIO
6:00—
7:00
JO

CT—
STRONG
9:00—
10:00
CHELSEY

THURSDAY

FRIDAY

STRONG
6:00—7:00
JO

CT—
STRONG
9:00—
10:00
BRIAN

SATURDAY

CT—
CARDIO
9:00—
10:00
JO

AFTERNOON (PM)

MONDAY

CT—TRX,
ROW, BIKE
6:00—7:00
RICH

TUESDAY

CARDIO
AGILITY
12:00—1:00
CHELSEY

CT—STRONG
6:00—7:00
JO

WEDNESDAY

BODYPUMP
6:00—
7:00
RICH

THURSDAY

CT—PLYO
12:00—
1:00
GERI

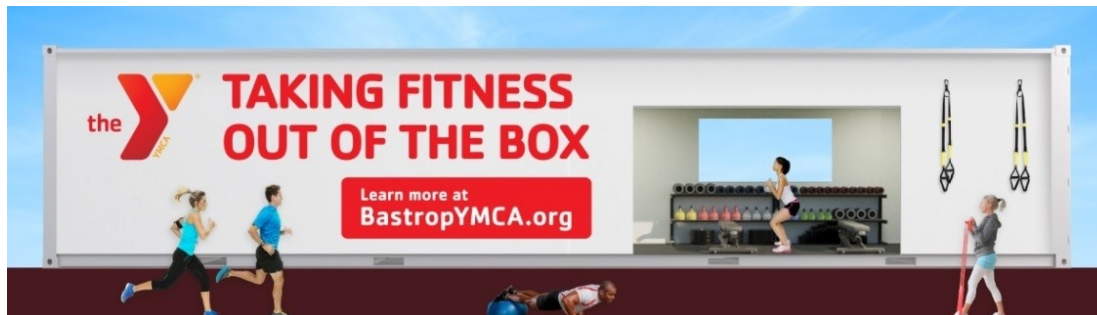
CT—
CARDIO
6:00—
7:00
JO

FRIDAY

All OUTDOOR FITNESS
CENTER Group Exercise
Classes are held at Bob
Bryant Park.

- Youth ages 16 & up welcome. Youth ages 12-15 may attend classes with a parent.
- Member Price: Free; Non-Member Price: FREE FOR THE FIRST 2 WEEKS OF OPENING
- Please arrive 5-10 minutes early to setup

CT = CIRCUIT TRAINING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BASTROP FAMILY YMCA

112 Main St. Bastrop, TX 78602