

OUTDOOR FITNESS CENTER

GROUP EXERCISE CLASS SCHEDULE | NOVEMBER 2018

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
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

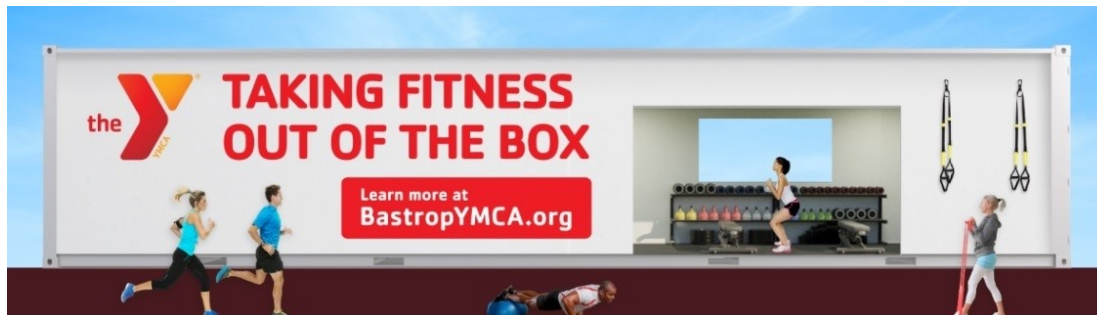
CT—
CARDIO
6:00—
7:00
JO

FRIDAY

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

CT = CIRCUIT TRAINING

- Youth ages 16 & up welcome. Youth ages 12-15 may attend classes with a parent.
- All classes and Gym times at the Outdoor Fitness Center are free for the month of November.
- Please arrive 5-10 minutes early to setup



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BASTROP FAMILY YMCA
112 Main St. Bastrop, TX 78602
512-321-9622

OUTDOOR FITNESS CENTER

OPEN GYM SCHEDULE | NOVEMBER 2018

MONDAY

6:00—
10:00AM

5:30—8:00
PM

TUESDAY

11:00AM—
1:00PM

5:30—8:00
PM

WEDNESDAY

6:00—
10:00AM

5:30—
8:00 PM

THURSDAY

11:00AM—
1:00PM

5:30—
8:00 PM

FRIDAY

6:00—
10:00AM

5:30—8:00
PM

(Open to
Community)

SATURDAY

8:30AM—
12:00PM

**OUTDOOR FITNESS CENTER OPEN
GYM TIMES
are held at Bob Bryant Park.**



- Youth ages 16 & up welcome. Youth ages 12-15 may attend with a parent.
- Member Price: Free; Non-Member Price: \$10/Day (first Day free)

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



BASTROP FAMILY YMCA
112 Main St. Bastrop, TX 78602
512-321-9622