



BASTROP YMCA GROUP EXERCISE SCHEDULE SEPTEMBER 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	
	HATHA FLOW YOGA 8:45-9:45 a.m. Noreen					MAT PILATES - BEGINNER 9:00-9:50 a.m. Grace		
	LES MILLS BODYPUMP 10:00-11:00 a.m. Traci	SENIOR STRONG 10:00-11:00 a.m. Rich	LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda	SENIOR STRONG 10:00-11:00 a.m. Rich	LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda			
	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	TRANSFORM™ 11:15 a.m.-12:15 p.m. Amanda	CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace	TRANSFORM™ 11:15 a.m.-12:15 p.m. Amanda	HATHA FLOW YOGA 11:30 a.m.-12:30 p.m. Noreen			
	MAT PILATES - BEGINNER 12:15-1:05 p.m. Grace		MAT PILATES - BEGINNER 12:15-1:05 p.m. Grace					
		LES MILLS BODYPUMP 5:30-6:30 p.m. Rich	CARDIO AGILITY 5:30-6:20 p.m. Brian	LES MILLS BODYPUMP 5:30-6:30 p.m. Rich				
BASTROP STATE PARK POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		AQUA INTERVAL (thru Sept. 7) 6:15-7:05 p.m. Grace		AQUA INTERVAL (thru Sept. 7) 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 Interval: Looking for a class that works everything? 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 Agility: This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises.

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.

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 - Beginner: 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.