

Feb. 2020

Bastrop YMCA Group X Schedule



All classes at the Lumberyard

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions
6:00 AM				6-7 AM BODYPUMP Rich			Active-EASE Back Care- (any level) to help your back stay well, heal faster, and prevent injury. Elongate, align and strengthen through exercise.
7:00 AM							Active Older Adult (AOA)- low impact (Any level) class designed for seniors that includes cardio, muscular toning and stretching. This class will help with your balance, increase strength and range of motion, and mental health.
8:00 AM	8-8:50 AM STRONG Chelsey	8 - 8:50 AM Cardio Agility Geri	8:15-9:05 AM Cycle Traci H	8 - 8:50 AM Cardio Agility Geri		8-8:50 AM Cycle Rich	Agility- is a series of lateral plyometric jumps which help build explosive power, balance, and coordination by using our natural body weight. Forward Running, High-Knee Drills. Lateral Running, Side-to-Side Drills. Dot Drills. Jump Box Drills. Also include simple weightlifting components.
9:00 AM	9- 9:50 AM Silver Sneakers Classic Jo		9:20- 10:10 AM Chair Yoga Noreen		9 - 9:50 AM Cardio Dance Grace	9- 9:50 AM Active-Ease Back Care Grace	Body Beats-
10:00 AM	10:15 -11:05 AM BODYPUMP Traci H	10:15 -11:05 AM AOA Fitness Traci H		10:15- 11:05 AM AOA Fitness JO	10:15 -11:05 AM BODYPUMP Traci H	10-11 AM Family Dance Fit Tracie B.	BODYPUMP- (Any level) Using light to moderate weights with lots of repetitions, Bodypump gives you a total body strength workout.
10:30 AM			10:30 -11:20 AM BODYPUMP Jennifer				Cardio Dance- This dance fitness class offers challenging, yet easy to learn dance sequences that burn hundreds of calories, helps improve memory and coordination skills, and makes you feel great in a safe and friendly environment.
11:00 AM	11:15- 12:05 PM Cardio Dance Grace	11:15- 12:15 PM Hatha Flow Yoga Noreen					Chair Yoga- An adaptive yoga class for anyone with physical limitations, allowing them to fully enjoy Yoga's amazing wellness benefits. Great for individuals who have difficulty moving to and from the floor or prefer the support and stability of a chair in their practice.
11:30 AM			11:35- 12:25 PM Cardio Dance Grace				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.
12:00 PM	12:15- 1:05 PM Active-Ease Back Care Grace						Family Fitness- Great for the whole family. This class is a fun way to do cardio, improve flexibility and strength.
12:30 AM			12:35- 1:25 PM Active-Ease Back Care Grace				Gentle Yoga- (beginner) gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.
1:00 PM							Hatha Flow Yoga- 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.
2:00 PM							Silver Sneakers Classic- encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction. (you don't have to be a silver sneakers member to join this class)
3:00 PM							Strong- (Any level) Designed to develop muscular strength, coordination, balance, and stability. Uses a variety of dumbbells, resistance tubes, stability balls, medicine balls and functional movements that will challenge every major muscle group.
4:00 PM		4-4:50 PM Gentle Yoga Kim		4-4:50 PM Gentle Yoga Kim			Zumba- (any level) a person can burn up to 600 kcal, depending on the energy put forth. The music comes from the following dance styles: cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, soca, samba, hip hop music, axé music and tango.
5:00 PM	5 - 5:50 PM Body Beats Jill	5-5:50 PM STRONG Brian					
6:00 PM	6-6:50 PM BODYPUMP Traci H	6- 6:50 PM Cycle Chelsey					*Kids 8 years and up can attend cardio classes, 12 and up to strong classes, 18 and up to BODYPUMP
7:00 PM	7- 7:50 PM ZUMBA Keila	7-7:50 PM ZUMBA Keila					

Child Watch Hours Monday- Saturday 8am-12pm & Monday -Thursday 4pm-8pm

Bastrop YMCA Family Branch | 512.321.9622 | www.BastropYMCA.org | Facebook: AustinYMCA.Bastrop

Locations: Pool- 100 Park Rd 1A, Indoor GYM- 1112 Main St, Office- 1110 Main St, Lumberyard 1109 Main St, Outdoor GYM Center- 600 Charles Ave.