

City of Bastrop

RECREATION

Winter

SCHEDULE

(512) 332-8805

MONDAY

7:00AM
VINYASA FLOW

9:00AM
CYCLING

10:15AM
AOA STRONG

11:20AM
TRANSFORM

1:00PM (SR)
LINE DANCE

1:00PM
CHAIR VOLLEYBALL+

6:45PM
BOLLY X

TUESDAY

8:00AM
CARDIO BOOTCAMP

10:15AM
ADAPTIVE CHAIR YOGA

11:30AM
SILVER BOOM MOVE

5:30PM
GENTLE YOGA

6:45PM
ZUMBA

WEDNESDAY

6:45AM
HIIT-45

9:00AM
CYCLING

10:15AM
GENTLE YOGA

10:30AM (SR)
ADAPTIVE CHAIR YOGA

11:30AM
CARDIO DANCE

5:45PM
HIIT-45

THURSDAY

8:00AM
CARDIO BOOTCAMP

9:00AM (SR)
ENERCHI

10:15AM
BODY BLAST

11:20AM
TRANSFORM

12:30PM
EAT WELL CLASS*

5:30PM
GENTLE YOGA

6:45PM
ZUMBA

FRIDAY

6:45AM
HIIT-45

10:15AM
AOA STRONG

11:30AM
ZUMBA GOLD

SATURDAY

9:00AM
PILATES CORE WELLNESS

10:15AM
BOLLY X

UNLESS STATED OTHERWISE
ALL CLASSES ARE HELD AT
1008 WATER ST.

(SR) CLASS HELD AT SENIOR CENTER
1209 LINDEN

(OD) CLASS HELD AT OUTDOOR UNIT
600 CHARLES BLVD

(SP) CLASS HELD AT STATE PARK POOL
100 PARK RD A

(+) CLASS HELD THE FIRST MONDAY
OF EVERY MONTH

(*) CLASS HELD THE LAST THURSDAY
OF EVERY MONTH

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ALL PROGRAMS/CLASSES ARE INCLUDED IN
MONTHLY MEMBERSHIPS:

INDIVIDUAL - \$30/\$35

SENIOR/MILITARY/PERSONS W/DISABILITIES - \$20/\$25

FAMILY - \$50/\$55

MILITARY FAMILY - \$40/\$45

Active Older Adult (AOA) Strong - Class is designed for seniors and includes cardio, muscular toning and stretching. This class will help with balance, increase strength and range of motion, and mental health.

Adaptive Chair Yoga - An adaptive 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 stability of a chair.

Body Blast - A full-body workout using weighted plates and barbells combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit.

BollyX - Experience a Bollywood-inspired dance cardio workout that combines exhilarating calorie-burning choreography with upbeat music from India.

Cardio Bootcamp - This is a series of exercises performed in rotation with minimal amounts of rest using a variety of equipment changing between cardio, strength, and agility.

Cardio Dance - This dance fitness class offers challenging yet easy to learn dance sequences that burn hundreds of calories and improves memory and coordination skills. All in a fun, safe, and friendly environment.

Chair Volleyball + - Search and find a healthier lifestyle with movement, nutrition, games and friends! Chair volleyball will be involved. Harder than it looks, but so much fun! Chair Volleyball + is a FREE class held on the 1st MONDAY of each month.

Cycling - 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.

Eat Well - The basic understanding that we are what we eat. This monthly discussion will include the why, what, and effect of the food we consume. Eat Well is a FREE class held on the LAST THURSDAY of each month.

Enerchi - Tai chi-based workout. Includes movement through a slow, flowing sequence as you shift your weight front to back and side to side.

Gentle Yoga - Gentle stretching and breathing will help you enhance awareness of your own body and create healthy patterns for reducing stress and body aches.

HIIT-45 - A 45-minute cardiovascular workout incorporating alternating short periods of intense anaerobic exercise and active recovery periods. Exercises focus on endurance and cardiovascular performance.

Pilates Core Wellness - Integrates Pilates and Franklin Method to achieve better functional core strength, balance, and posture, through movement flow and myofascial release.

Silver Boom Move - Dance based exercise class designed specifically for active older adults. Easy-to-follow choreography combined with energizing music for an engaging and FUN low impact aerobic workout.

Transform - The perfect blend of yoga, tai chi, Pilates, and low impact athletic training. This class is choreographed to motivating music, leaving you feeling transformed.

Vinyasa Flow Yoga - A gentle-but-active style of flow Yoga that uses movement and breath to build strength and focus the mind. It's a great class if you are curious about yoga. But also great for experienced yogis!

Zumba - Burn up to 600 kcal. Music comes from the following dance styles: cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, samba, hip hop music, axé music and tango.

Zumba Gold - Zumba class suitable for older adults seeking an alternative means of reaching their exercise goals.

CLASSES ARE OFFERED WITH MODIFICATIONS FOR DIFFERENT ABILITY LEVELS, SO THE MAXIMUM BENEFIT CAN BE ACHIEVED BY EACH INDIVIDUAL PARTICIPANT.