



RECREATION

JANUARY/FEBRUARY SCHEDULE

1008 WATER STREET

512-332-8805

HOURS: MON-SAT 8AM-1PM, MON-THU 4PM-7PM

WWW.CityofBastrop.org/RECREATION

TIME	MON	TUE	WED	THU	FRI	SAT
7AM		MAT PILATES-7A	HIIT 45 -6:45A		HIIT 45 -6:45A	HIIT 45-7:30A
8AM	QI GONG 8A	STRONG CIRCUIT 8A		STRONG CIRCUIT 8A		FAMILY CONDITIONING 8:30A
9AM	CYCLING 9A		CYCLING 9A	NIA 9A		PILATES CORE WELLNESS 9:45A
10AM	MODERATE AOA STRONG 10:15A	ADAPTIVE CHAIR YOGA 10:15A	GENTLE YOGA 10:15A <u>Adaptive Chair Yoga (SR) 10:30A</u>	BODY BLAST 10:15A	MODERATE AOA STRONG 10:15A	BOLLYX 10:45A
11AM	TRANSFORM 11:20A	NIA 11:30A	LINE DANCE 11:30A	TRANSFORM 11:20A		
12PM	CONFIDENCE IN THE GYM 12-3RD MONDAY					
1PM	<u>Line Dance (SR) 1PM</u> MONDAY SHAKEDOWN 1PM 2ND MONDAY					
4PM	YOUTH DISCOVERY-4:30P-2ND & 4TH MONDAY					
5PM	BOOT CAMP 5:45	GENTLE YOGA 5:15	FAMILY MAT PILATES 5:30	GENTLE YOGA 5:15		
6PM	BOLLY X 6:30	ZUMBA 6:30		ZUMBA 6:30	FAMILY FUN NIGHT! 6PM LAST FRIDAY	

*ALL PROGRAMS AND CLASSES ARE INCLUDED IN MONTHLY MEMBERSHIP

*PUBLISHED 1/10/22. GO TO WEBSITE FOR LATEST UPDATES.

(SR) CLASS HELD AT SENIOR CENTER 1209 LINDEN

INDIVIDUAL \$30/\$35 SENIOR/MILITARY/PERSONS W/DISABILITY \$20/\$25 FAMILY \$50/\$55