



RECREATION

MAY 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 (OD) 7A	HIIT 45 6:45A		HIIT 45 6:45A	
8AM	QI GONG (OD) 8A	STRONG CIRCUIT (OD) 8A		STRONG CIRCUIT (OD) 8A		FAMILY CONDITIONING (OD) 9A
9AM	CYCLING 9A		CYCLING 9A			PILATES CORE WELLNESS 9:45A
10AM	AOA STRONG 10:15A	ADAPTIVE CHAIR YOGA 10:15A	GENTLE YOGA 10:15A <u>Adaptive Chair Yoga (SR)</u> 10:30A	BODY BLAST 10:15A	AOA STRONG 10:15A	BOLLYX 10:45A
11AM	TRANSFORM 11:20A		CARDIO DANCE 11:30A	TRANSFORM 11:20A		
12PM						
1PM	<u>Line Dance (SR) 1PM</u> CHAIR VOLLEYBALL+ 1P 2ND MONDAY					
4PM	YOUTH DISCOVERY-4:30P 2ND & 4TH MONDAY		CREATIVE MOVEMENT 4:30P			
5PM	CYCLE/STRENGTH 5:45P	GENTLE YOGA 5:15P	CYCLE/STRENGTH 5:45P	GENTLE YOGA 5:15P		
6PM	BOLLY X 6:45P	ZUMBA 6:30P		ZUMBA 6:30P		

*PUBLISHED 5/02/22 GO TO WEBSITE FOR LATEST UPDATES.

(SR) CLASS HELD AT SENIOR CENTER 1209 LINDEN

(OD) CLASS HELD OUTDOOR UNIT, 600 CHARLES BLVD

*ALL PROGRAMS AND CLASSES ARE INCLUDED IN MONTHLY MEMBERSHIP

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

Active Older Adult (AOA) Strong - Moderate impact 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.

Adaptive 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.

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

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!

Confidence in the Gym - Learn proper and safe techniques using gym equipment! This program is led by a personal trainer who can assist in creating a workout plan. This is a 45 minute program.

Creative Movement - Students learn to move their bodies in a creative, fun, and active way! They will practice stretches, musicality, and creativity! Ages 4-10.

Cycle/Strength - Indoor cycling combined with functional strength training. Class is designed for people of all fitness levels. Ideal for beginners and intermediates.

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 and includes a variety of music.

Family Conditioning – A fun and encouraging environment to get physical active. Great opportunity for the entire family!

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.

HIIT-45 (High-Intensity Interval Training) - a 45-minute cardiovascular workout incorporating alternating short periods of intense anaerobic exercise and active recovery periods. Exercises focus on endurance and cardiovascular performance.

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

Mat Pilates – A low impact style of movement that brings mind and body connection, focusing on internal muscles that bring strength to your posture for core strengthening for optimal physical and mental health.

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

QiGong - Exercises consist of a series of orchestrated practices including body posture/movement, breath practice, and meditation, all designed to enhance Qi function (that is, drawing upon natural forces to optimize and balance energy within) through the attainment of deeply focused and relaxed states.

Strong Circuit (moderate level) - This is a series of exercises, including TRX, performed in rotation with minimal amounts of rest using a variety of equipment changing between cardio, strength and agility. Circuit Training is a time effective way to enhance cardiovascular fitness and muscle endurance.

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.

Youth Discovery - Discovery is a program that gives youth, ages 7 to 12, an opportunity to seek, explore and DISCOVER!!

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, samba, hip hop music, axé music and tango.