



City of Bastrop

PARKS & RECREATION

Fall

SEPTEMBER-NOVEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM LIFT	9:00AM STEP	6:45AM BURN	9:00AM STEP	6:45AM BURN	8:15AM CYCLING
10:15AM AOA STRONG	10:15AM ADAPTIVE CHAIR YOGA	9:00AM AOA STRONG	10:15AM CIRCL MOBILITY	10:15AM AOA STRONG	9:15AM CORE & MORE
11:30AM CORE & MORE	11:30AM ZUMBA GOLD	10:15AM GENTLE YOGA	11:30AM LIFT	11:30AM ZUMBA GOLD	10:30AM BOLLY X
1:00PM (SR) LINE DANCE	5:30PM GENTLE YOGA	10:15AM (SR) ADAPTIVE CHAIR YOGA	5:30PM GENTLE YOGA		
5:45PM BURN	6:45PM STEP II	11:30AM CARDIO DANCE			
6:45PM BOLLY X		5:30PM DANCE FIT			

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

**(SR) CLASS HELD AT SENIOR CENTER
1209 LINDEN**

**(SP) CLASS HELD AT STATE PARK
100 PARK ROAD 1A**

**ALL PROGRAMS ARE INCLUDED
IN MONTHLY MEMBERSHIPS:**

INDIVIDUAL - \$30/\$35

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

FAMILY - \$50/\$55

MILITARY FAMILY - \$40/\$45

For more information:

(512) 332-8805

RECCENTER@CITYOFBASTROP.ORG

WWW.CITYOFBASTROP.ORG/RECREATION

Open Hours:

MON-SAT **8AM-1PM**

MON-THU **4PM-7PM**

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.

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

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

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

CIRCL Mobility- Workout that blends Yoga, Pilates, and Tai Chi. Focus on mobility, flexibility, and breathwork to improve overall movement and body awareness. Release physical restrictions & renew your range of motion.

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

Cycling - Each ride is unique but will include simulated hills, mountains, flat roads, and racing. This cardio workout is appropriate for all fitness levels and includes a variety of music.

Dance Fit - Cardio dance workout where you can burn calories while having fun! Routines are choreographed to songs that vary in style, genre, and decade. All levels of fitness and experience welcome. Options for leveled intensity offer to that you can enjoy a workout that is best for you!

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.

Lift- Lift is designed to build strength and improve endurance. Weights are optional, making the class accessible for all fitness levels. Drumsticks are incorporated for an energizing cardio boost, combining rhythm and resistance for a full-body workout that's as fun as it is effective.

Step – A moderate level step class that can improve cardiac fitness, help prevent bones loss, improve balance, and stimulate the brain, all while burning calories. Students will be moving at a steady 120-125 BPM rhythm.

Step II – An intermediate level Step class with moderate to advanced options to customize your workout. Follow as we Step through a choreographed routine at about 134 BMP for a sweaty good time!

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.