



City of Bastrop

PARKS & RECREATION

Summer

JUNE - AUGUST

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM LIFT	9:00AM STEP	6:45AM BURN	9:00AM STEP	6:45AM BURN	8:00AM CYCLING	10:30AM (SP) WATER FITNESS
10:15AM AOA STRONG	10:15AM ADAPTIVE CHAIR YOGA	9:00AM AOA STRONG	10:15AM GUIDED MEDITATION	9:00AM TOTAL BODY	9:15AM CORE & MORE	
11:30AM CORE & MORE	11:30AM ZUMBA GOLD	10:15AM GENTLE YOGA	11:30AM CIRCL MOBILITY	10:15AM AOA STRONG	10:30AM BOLLY X	
5:45PM BURN	4:30PM STRENGTH TRAINING	10:15AM (SR) ADAPTIVE CHAIR YOGA	4:30PM STRENGTH TRAINING	11:30AM ZUMBA GOLD	10:30AM (SP) WATER FITNESS	
6:45PM BOLLY X	5:30PM GENTLE YOGA	11:30AM CARDIO DANCE	5:30PM GENTLE YOGA			
		1:00PM * BRAIN BOOST				
		5:30PM DANCE FIT				

For more information:

(512) 332-8805

RECCENTER@CITYOFBASTROP.ORG

WWW.CITYOFBASTROP.ORG/RECREATION

Open Hours:

MON-SAT 8AM-1PM

MON-THU 4PM-7PM

UNLESS STATED ALL CLASSES ARE HELD AT 1008 WATER ST.

(SR) CLASS HELD AT SENIOR CENTER
1209 LINDEN

(SP) CLASS HELD AT STATE PARK

* 1ST WEDNESDAY OF EACH MONTH

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.

Brain Boost – A fun social program designed to keep your mind active and engaged! Every session features a new brain-stimulating activity.

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.

Guided Meditation - Five-Week Meditation Series to Calm the Mind, Open the Heart, Find Balance, Release Stress and Regulate the Nervous System. All meditations are seated and can be done from the floor or on the chair. Practices are suitable for beginners and regular meditation students alike.

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.

Strength Training – Whole body resistance training with free weights to mitigate the effects of sarcopenia and osteopenia associated with aging.

Total Body – A full-body strength and conditioning class designed to help you gain strength, improve endurance, and enhance overall fitness. This class uses a variety of equipment and exercises to challenge your muscles in new ways.

Water Fitness - Water Fitness is a choreographed workout routine in the water. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

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.