



City of Bastrop

PARKS & RECREATION

Summer

JUNE - AUGUST

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 LIFT	9:00AM TOTAL BODY	9:15AM CORE & MORE
11:30AM CORE & MORE	10:30AM (SP) WATER FITNESS	10:15AM GENTLE YOGA	10:30AM (SP) WATER FITNESS	10:15AM AOA STRONG	10:30AM BOLLY X
5:45PM BURN	11:30AM ZUMBA GOLD	10:15AM (SR) ADAPTIVE CHAIR YOGA	11:30AM CIRCL MOBILITY	10:30AM (SP) WATER FITNESS	10:30AM (SP) WATER FITNESS
6:45PM BOLLY X	4:30PM STRENGTH TRAINING	11:30AM CARDIO DANCE	4:30PM STRENGTH TRAINING	11:30AM ZUMBA GOLD	
	5:30PM GENTLE YOGA	1:00PM * BRAIN BOOST	5:30PM GENTLE YOGA		
		5:30PM DANCE FIT			

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**

For more information:

(512) 332-8805

RECCENTER@CITYOFBASTROP.ORG

WWW.CITYOFBASTROP.ORG/RECREATION

Open Hours:

MON-SAT 8AM-1PM

MON-THU 4PM-7PM