

# NOVEMBER 2021

## INDOOR FITNESS - 1008 WATER ST

Time	MON	TUE	WED	THU	FRI	SAT
7A		Mat Pilates	HIIT 45			
8A	Qi Gong	Strong Circuit		Strong Circuit		HIIT 45
9A	Cycling	NIA	Cycling	NIA	Cardio Dance	Core & More
10:15A	AOA Strong	Adaptive Chair Yoga	Gentle Yoga	Body Blast	AOA Strong	BollyX
11:30A	Transform	*Parent & Me Tumbling	Cardio Dance	Transform	*Creative Dance for Kids	
4:30P						
5:15P		Gentle Yoga		Gentle Yoga		
6P						
6:30P	BollyX	Zumba		Zumba		

## SR CENTER - 1209 LINDEN ST

1P	MON	Line Dance
10:30A	WED	Adaptive Chair Yoga
7P	WED	Round Dance



City of Bastrop  
**RECREATION**  
MEMBERSHIP FEES (MONTHLY)

INDIVIDUAL MEMBERSHIP	RESIDENT	NON-RESIDENT
	<b>\$30</b>	<b>\$35</b>
FAMILY MEMBERSHIP	RESIDENT	NON-RESIDENT
	<b>\$50</b>	<b>\$55</b>
SENIOR / MILITARY / DISABLED PERSON(S)	RESIDENT	NON-RESIDENT
	<b>\$20</b>	<b>\$25</b>

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## OUTDOOR FITNESS - BOB BRYANT PARK, 600 CHARLES

Time	MON	TUE	WED	THU	FRI	SAT
7A						
8A						
9A						Family Conditioning
4P						

\*DEMOTES YOUTH CLASSES

## RECREATION CENTER HOURS

MON THRU SAT 8A TO 1P  
MON THRU THU 4P TO 7P

PHONE: (512) 332-8805

ALL PROGRAMS  
ARE INCLUDED  
AS PART OF MEMBERSHIP

## ADDITIONAL MONTHLY PROGRAMS

2ND MONDAY	4:30P	DISCOVERY - RECREATION CNTR
3RD THURSDAY	10:00	CONFIDENCE IN THE GYM - GYM AREA
4TH MONDAY	4:30P	DISCOVERY - RECREATION CNTR

FOR MORE INFORMATION  
on classes and *additional programs*  
GO TO:  
CITYOFBASTROP.ORG/RECREATION

FOLLOW PROGRAM NEWS AND UPDATES AT:  
[www.facebook.com/groups/bastroprecreation/](https://www.facebook.com/groups/bastroprecreation/)

