



# RECREATION

## SEPTEMBER FITNESS SCHEDULE

1008 WATER STREET

512-332-8805

HOURS: MON-SAT 8AM-1PM, MON-THU 4PM-7PM

[WWW.CityofBastrop.org/RECREATION](http://WWW.CityofBastrop.org/RECREATION)

TIME	MON	TUE	WED	THU	FRI	SAT
7AM		MAT PILATES (OD) 7:00A	HIIT 45 6:45A		HIIT 45 6:45A	
8AM	QI GONG 8:00A	CARDIO BOOTCAMP (OD) 8:00A		CARDIO BOOTCAMP (OD) 8:00A		
9AM	CYCLING 9:00A		CYCLING 9:00A			PILATES CORE WELLNESS 9:00A
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 10:15A
11AM	TRANSFORM 11:20A		CARDIO DANCE 11:30A	TRANSFORM 11:20A		
12PM						
1PM	<u>Line Dance (SR) 1:00PM</u>	CHAIR VOLLEYBALL+ 1:00P 1st Tuesday				
4PM			INTRO TO BREAKIN ALL AGES 4:30P			
5PM		GENTLE YOGA 5:30P	HIIT 45 5:45P	GENTLE YOGA 5:30P		
6PM	BOLLY X 6:45P	ZUMBA 6:45P	VINYASA FLOW 6:45P	ZUMBA 6:45P		

\*PUBLISHED 8/29/22 GO TO WEBSITE FOR LATEST UPDATES.

(SR) CLASS HELD AT SENIOR CENTER 1209 LINDEN

(OD) CLASS HELD OUTDOOR UNIT, 600 CHARLES BLVD

(SP) CLASS HELD AT STATE PARK POOL, 100 PARK RD A

\*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 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.

**Cardio Bootcamp**(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.

**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! Chair Volleyball + will be held on the 2nd TUESDAY for the month of July ONLY.

**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.

**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.

**Intro to Breakin'**- Come level up your dance game. In the class you will learn dance combinations that will light up the dance floor.

**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 Start** - Small group training using weights and other forms of resistance to promote strength, muscle growth, and overall fitness.

**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.

**Vinyasa Flow Yoga**—a gentle-but-active style of flow Yoga that uses movement and breath to build strength and focus the mind. It's a great class if you are curious about yoga. But also great for experienced yogis!

**Zumba**-(any level) Burn up to 600 kcal. Music comes from the following dance styles: cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, samba, hip hop music, axé music and tango.