



City of Bastrop
**PARKS &
RECREATION**

Spring

MARCH - MAY
SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>9:00AM</u> LIFT	<u>9:00AM</u> STEP	<u>6:45AM</u> BURN	<u>9:00AM</u> STEP	<u>6:45AM</u> BURN	<u>8:15AM</u> CYCLING
<u>10:15AM</u> AOA STRONG	<u>10:15AM</u> ADAPTIVE CHAIR YOGA	<u>9:00AM</u> AOA STRONG	<u>10:15AM</u> LIFT	<u>9:00AM</u> TOTAL BODY	<u>9:15AM</u> CORE & MORE
<u>11:30AM</u> CORE & MORE	<u>11:30AM</u> ZUMBA GOLD	<u>10:15AM</u> GENTLE YOGA	<u>11:30AM</u> CIRCL MOBILITY	<u>10:15AM</u> AOA STRONG	<u>10:30AM</u> BOLLY X
<u>5:45PM</u> BURN	<u>4:30PM</u> STRENGTH TRAINING	<u>10:15AM</u> (SR) ADAPTIVE CHAIR YOGA	<u>4:30PM</u> STRENGTH TRAINING	<u>11:30AM</u> ZUMBA GOLD	<u>11:45AM</u> ★ TINY CONNECTIONS
<u>6:45PM</u> BOLLY X	<u>5:30PM</u> GENTLE YOGA	<u>11:30AM</u> CARDIO DANCE	<u>5:30PM</u> GENTLE YOGA		
		<u>1:00PM</u> * BRAIN BOOST	<u>6:45PM</u> △ FAMILY FUN NIGHT		
		<u>5:30PM</u> DANCE FIT			

FREE

UNLESS STATED ALL CLASSES ARE HELD AT 1008 WATER ST.

(SR) CLASS HELD AT SENIOR CENTER 1209 LINDEN

✳️ **1ST WEDNESDAY OF EACH MONTH**

△ **2ND & 4TH THURSDAY OF EACH MONTH**

★ **1ST & 3RD SATURDAY 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

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!

Family Fun Night - Enjoy a twice-a-month chance to unwind, play, and connect! Each session features something different—from friendly competitions to themed game nights and seasonal activities. A family-friendly event you can look forward to every month

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.

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

Tiny Connections – A caregiver-and-child class series designed to foster connection, movement, and fun!

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.

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.