



City of Bastrop

# PARKS & RECREATION

# Winter

# JANUARY - MARCH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00AM</b> <b>FUNCTIONAL FIT</b>	<b>9:00AM</b> <b>STEP</b>	<b>6:45AM</b> <b>BURN</b>	<b>9:00AM</b> <b>STEP</b>	<b>6:45AM</b> <b>BURN</b>	<b>8:15AM</b> <b>CYCLING</b>
<b>10:15AM</b> <b>AOA STRONG</b>	<b>10:15AM</b> <b>ADAPTIVE CHAIR YOGA</b>	<b>9:00AM</b> <b>AOA STRONG</b>	<b>10:15AM</b> <b>ENERCHI</b>	<b>9:00AM</b> <b>FUNCTIONAL FIT</b>	<b>9:15AM</b> <b>CORE &amp; MORE</b>
<b>11:30AM</b> <b>CARDIO DANCE</b>	<b>11:30AM</b> <b>SILVER BOOM MOVE</b>	<b>10:15AM</b> <b>GENTLE YOGA</b>	<b>11:30AM</b> <b>SILVER BOOM MOVE</b>	<b>10:15AM</b> <b>AOA STRONG</b>	<b>10:30AM</b> <b>BOLLY X</b>
<b>1:00PM (SR)</b> <b>LINE DANCE</b>	<b>5:30PM</b> <b>GENTLE YOGA</b>	<b>10:15AM (SR)</b> <b>ADAPTIVE CHAIR YOGA</b>	<b>5:30PM</b> <b>GENTLE YOGA</b>	<b>11:30AM</b> <b>ZUMBA GOLD</b>	
<b>1:00PM</b> <b>CHAIR VOLLEYBALL+</b>	<b>6:45PM</b> <b>STEP II</b>	<b>11:30AM</b> <b>CARDIO DANCE</b>	<b>6:45PM</b> <b>STEP II</b>		
<b>5:45PM</b> <b>BURN</b>		<b>5:30PM</b> <b>DANCE FIT</b>			
<b>6:45PM</b> <b>BOLLY X</b>					



**UNLESS STATED OTHERWISE ALL CLASSES ARE HELD AT 1008 WATER ST.**

**(SR) CLASS HELD AT SENIOR CENTER  
1209 LINDEN**

**(+) CLASS HELD THE FIRST+THIRD MONDAY OF EVERY MONTH**

**ALL PROGRAMS/CLASSES ARE INCLUDED IN MONTHLY MEMBERSHIPS:**

**INDIVIDUAL - \$30/\$35**  
**SENIOR/MILITARY/ PERSONS W/DISABILITIES - \$20/\$25**  
**FAMILY - \$50/\$55**  
**MILITARY FAMILY - \$40/\$45**

**Open Hours:**  
**MON-SAT 8AM-1PM**  
**MON-THU 4PM-7PM**

**For more information:**  
**(512) 332-8805**  
**WWW.CITYOFBASTROP.ORG/RECREATION**

**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.

**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.

**Chair Volleyball +** - Search and find a healthier lifestyle with movement, games, and friends! Chair volleyball is harder than it looks, but so much fun! Chair Volleyball+ is a FREE class held on the 1st & 3rd MONDAY of each month.

**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!

**Enerchi** - Tai Chi and Qi Gong workout. Includes movement through a slow, flowing sequence as you shift your weight front to back and side to side.

**Functional Fit** - Class designed to enhance everyday movement, promoting strength, mobility, and overall conditioning. Through exercises using barbells, dumbbells, and resistance bands, students will develop a balanced foundation of functional fitness that supports daily activities.

**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.

**Silver Boom Move** - Dance based exercise class designed specifically for active older adults. Easy-to-follow choreography combined with energizing music for an engaging and FUN low impact aerobic workout.

**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.

**Step II** – An intermediate level Step class with moderate to advanced options to customize your workout. Follow as we Step through a choreographed routine at about 134 BMP for a sweaty good time!

**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.**