















Group Exercise Class Schedule

Effective January 2, 2018

Before joining a class, please refer to our class descriptions on the back of this schedule to help you select the ideal workout for your abilities, interests, and level of intensity.

We strive to make each workout challenging and fun. That's why it's the job of our instructors to energize and motivate you during each and every class.

It is our promise to make your experience at Live Well the best part of your day, every day!

	Mon.	Tues.	Wed.	Thurs.	Fri.
8:15am	 SeniorFIT* Katie @ HKCH		 SeniorFIT* Katie @ HKCH	 BOOT CAMP 8:30am Katie @ HKCH	 SeniorFIT* Katie @ HKCH
9:30am	 SeniorFIT* Katie @ HKCH		 SeniorFIT* Katie @ HKCH		 SeniorFIT* Katie @ HKCH
10:45am	 Yoga Nellie @ HKCH				
5:30pm	 BOOT CAMP Angie @ HKCH	 Yoga Nellie @ KES-Kimbrow	 BOOT CAMP Angie @ HKCH	 Yoga Nellie @ KES-Kimbrow	
6:15pm	 Pilates** Angie @ HKCH	DanceFIT 6:30pm Tammy @ HKCH	 Pilates Angie @ HKCH		

**Every 2nd Monday meet at KCH, every 3rd/4th Monday bring your FitBALL

All classes are 60 minutes.

Live Well Fee Schedule:

\$10 per class drop-in fee

\$30 per month for 1 class/week

\$60/\$55 per month for 2 classes/week

\$90/\$85 per month for UNLIMITED classes

*SeniorFIT class age 55+ (sponsored by Kyle PARD):

\$3 per class or punchcards available for \$10 & \$20

HKCH= Historic Kyle City Hall, 101 S. Burseson

KCH= Kyle City Hall, 100 W. Center Street

KES= Kyle Elem. School, Kimbro Building, 500 W. Blanco Street

