



CLASS DESCRIPTIONS

Bootcamp for EVERYbody: Each class is intentionally different to alleviate boredom. You can expect some running/power walking, weight training, obstacle courses, core training, functional training, and stretching each week. Pilates-like and yoga-like exercises will also be included for a very well-rounded workout! It's always an adventure, and you'll always have fun! All workouts will offer options for either taking the intensity up or down for any exercise. All fitness levels will benefit.

CoreFIT Pilates: Core strength is the foundation of Pilates exercise. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level. Please bring a mat and water bottle.

DanceFIT: Do you love to dance? This is the class for you. Enjoy dancing to songs from the 50s, 60s, and 70s. All fitness levels will benefit.

Yoga: Enjoy a combination of eclectic Hatha yoga and Pilates moves with resistance bands designed to increase your strength, tone your muscles, improve your balance, deepen your breathing, and focus your mind—all while having a lot of fun. It is suitable for all ages and fitness levels and no previous yoga experience or special equipment is needed. Just bring a mat, some water, and a smile.

SeniorFIT (age 55+): A low impact chair class consisting of sitting and standing exercises. The format is low impact aerobics, resistance training, balance, flexibility, and coordination. Beginners are encouraged to start with the Monday/Friday format. (Pre-requisite: able to perform standing exercises for 30-40 minutes.) (This class is sponsored by the Kyle Parks Department to help keep costs affordable for our senior residents.)

LOCATIONS:

HKCH: Historic Kyle City Hall, 101 S. Burlison

KCH: Kyle City Hall, 100 W. Center St.

KES: Kyle Elementary School, Kimbro Building, 500 W. Blanco St.