Fitness Classes



AquaFIT - 2014

Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water takes the pressure off your bones, joints and muscles. Water offers natural resistance, which helps strengthen your muscles. You can even do aquatic exercise if you don't know how to swim. AquaFit class is performed in chest-deep water. All fitness levels will benefit.

COST:

2x/week = \$603x/week = \$90

TIMES:

Tuesday & Thursday - 7:00 PM to 8:00 PM

Saturday - 9:00 AM - 10:00 AM

DATES:

Session 1: June 3 - 28 Session 2: July 8 - July 31 Session 3: August 5 - 30

Registration at Kyle Parks Offices, 700 Lehman Rd (Lake Kyle), Monday - Friday, 8:00am - 5:00pm

Register On Line

Click any thumbnail image to view a slideshow



Source URL (retrieved on 2014-07-25 06:20): http://www.cityofkyle.com/recreation/fitness-classes-0