

BootCamp - Outdoor & Indoor



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! All bootcamps will offer options for either taking the intensity up or down for any exercises. (Fitness assessments are included to monitor your progress.)

Outdoor Bootcamp

Classes are:

Monday & Wednesday

5:30p to 6:30p

Gregg-Clarke Park Pavilion

Indoor Bootcamp:

Classes are:

Monday/Wednesday/Friday

5:30a to 6:30a

Historic Kyle City Hall

Tuesday/Thursday

5:30p to 6:30p

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Published on City of Kyle Texas Official Website (<http://www.cityofkyle.com>)

Kyle Elementary School Gym

Click any thumbnail image to view a slideshow



Web Links

[Live Well Fitness](#)

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