

## CrossTraining



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.

### **Classes are:**

Tuesday & Thursday

5:30 pm - 6:30 pm

Kyle Elementary School Gym

Click any thumbnail image to view a slideshow



### **Web Links**

[Live Well Fitness](#)

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