

StayFit



Each workout includes low-impact cardio with easy-to-follow choreography. Enjoy a different workout each day; cardio, yoga, Pilates, and muscle conditioning. Please bring a mat and water bottle. All fitness levels welcome.

Classes are:

Friday

8:15 to 9:15 am

Historic Kyle City Hall

Click any thumbnail image to view a slideshow



Web Links

[Live Well Fitness](#)

Source URL (retrieved on 2015-01-31 11:51): <http://www.cityofkyle.com/recreation/stayfit>