

## SeniorFit



**SeniorFit 1:** (Monday & Friday) A low-impact chair class for seniors that works all of the major muscle groups. This class consists of low impact aerobics, strength training, flexibility exercises, and balance/coordination. The Circuit Training format is used in this class with each exercise performed at one minute intervals. **Pre-requisite: able to perform standing exercises for 30 minutes**

**SeniorFit 2:** (Wednesday) A low-impact chair class for the intermediate senior fitness level. This class consists of low impact aerobics with easy-to-follow choreography, strength training, flexibility exercises, and balance/coordination. Keep and improve your strength so you can stay independent. **Pre-requisite: about to perform standing exercises for 30-45 minutes**

**Classes are:**

Monday, Wednesday, & Friday

9:30 to 10:30 am

Monday

10:30 to 11:30 am

Historic Kyle City Hall

Punch cards are available at your convenience and can be purchased in 5 (\$10 or \$2 per class) or 10 (\$20 or \$2 per class) class increments. Cards can be purchased in the Parks and Recreation office or on site before class. Walk-in rate is only \$3 per class.

**Click any thumbnail image to view a slideshow**

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### Web Links

[Live Well Fitness](#)

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