

SeniorFit



A low-impact chair class for all fitness levels that works all of the major muscle groups. This class consists of low impact aerobics, strength training, flexibility exercises, and balance/coordination. Keep and improve your strength so you can stay independent and have more energy to do the things you want to do.

Classes are:

Monday, Wednesday & Friday

9:30 to 10:30a

Historic Kyle City Hall

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

Click any thumbnail image to view a slideshow

**Web Links**

[Live Well Fitness](#)

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