

Yoga

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

Yoga



Enjoy a combination of eclectic Hatha yoga and Pilates moves with resistance bands designed to increase your strength, tone your muscles, improve your balance, deepen your breathing, and focus your mind - all while having lots of fun. It is suitable for all ages and fitness levels and no previous yoga experience or special equipment is needed. Just bring a mat, some water and a smile.

Classes are:

Monday & Wednesday

8:15 to 9:15 am

Historic Kyle City Hall

Tuesday & Thursday

6:30 to 7:30 pm

Kyle Elementary School Gym

Click any thumbnail image to view a slideshow



Source URL (retrieved on 2015-01-31 10:16): <http://www.cityofkyle.com/recreation/yogafusion>