

ChairFIT



A chair class for all fitness levels - with a majority of class time in the chair. This class consists of cardio, strength training, range of movement, flexibility exercises, and balance/coordination. Keep and improve your strength so you can stay independent. Have more energy to do the things you want to do. ChairFIT is a great class for seniors, beginner exercisers, and physically challenged participants.

Tuesday

7:00 to 8:00 pm

Historic Kyle City Hall

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