Effective January 6, 2014

FITNESS CLASS SCHEDULE

	Mon.	Tues.	Wed.	Thurs.	Fri.
8:15am	***StayFIT- Cardio & Fitball*** *Katie @ HKCH*		***StayFIT- Cardio & Pilates/Yoga*** *Katie @ HKCH*		***StayFIT- Cardio & Weights*** *Katie @ HKCH*
9:30am	***SeniorFIT*** *Katie @ HKCH*		***SeniorFIT*** *Katie @ HKCH*		***GetFIT*** *Katie @ HKCH*
5:30pm		***CrossTraining*** *Katie @ KES*		***CrossTraining*** *Katie @ KES*	
6:00pm	***CoreFIT Pilates*** *Angie @ HKCH*		***CoreFIT Pilates*** *Angie @ HKCH*		
6:30pm		***YogaFusion*** *Carla @ KES*		***YogaFusion*** *Carla @ KES*	

CrossTraining, Yoga Fusion, Pilates & StayFIT:

$60/$55 per month for 2 classes/week
$90/$85 per month for 3 classes/week
$120/$110 per month for unlimited classes

SeniorFIT: **$3 per class or punchcards available for $10 & $20**

GetFIT: **$5 per class or $15 per month**

Live Well FITNESS KYLE, TEXAS

CITY OF KYLE ESTABLISHED 1880 PARKS & RECREATION

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Live Well
FITNESS
KYLE, TEXAS

CLASS DESCRIPTIONS

CoreFIT Pilates: Core strength is the foundation of Pilates exercise. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level. Please bring a mat and water bottle.

CrossTraining: Each class is intentionally different to alleviate boredom. You can expect some running/power walking, weight training, obstacle courses, core training, functional training, and stretching each week. Pilates-like and yoga-like exercises will also be included for a very well-rounded workout! It's always an adventure, and you'll always have fun! All workouts will offer options for either taking the intensity up or down for any exercise.

GetFIT: A circuit class with 1-minute stations. This class consists of low impact aerobics, strength training, flexibility exercises, and balance/coordination through circuit training. Keep and improve your strength so you can stay independent. Have more energy to do the things you want to do. GetFIT is a great class for seniors, beginner exercisers, or physically challenged participants.

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. Have more energy to do the things you want to do. SeniorFIT is a great class for seniors, beginner exercisers, or physically challenged participants.

StayFIT: Each workout includes low-impact cardio with easy-to-follow choreography. Enjoy a different workout each day; utilizing your FitBall, yoga, Pilates, and muscle conditioning. Please bring a mat, water bottle, and your FitBall (Mondays only).

YogaFusion: 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 a lot 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.

LOCATIONS:

HKCH: Historic Kyle City Hall, 101 S. Burleson

KES: Kyle Elementary School gymnasium, 500 Blanco St.

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www.WeCanLiveWell.com
KylePARD.com