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## **CLASS DESCRIPTIONS**

**ChairFIT:** A chair class for all fitness levels—with a majority of classtime 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, or physically challenged participants.

**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.

**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).

**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 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.