



CLASS DESCRIPTIONS

Bootcamp: 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.

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.

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.

Zumba®: is a dance fitness class perfect for people of all ages and backgrounds; combining cardio, muscle conditioning, balance and flexibility. Low and high intensity, easy-to-follow dance moves take the "work" out of working out. Zumba® is designed so that everyone, from the beginner to the expert, can have a good time and a great workout shaking it off while they are sweating it off. Come let the music move you!

LOCATIONS:

HKCH: Historic Kyle City Hall, 101 S. Burleson

KES: Kyle Elem. School gym, 500 W. Blanco Street

FS2: Kyle Fire Station No. 2, 150 Bunton Creek Road