GROUP EXERCISE SCHEDULE

Effective June 1, 2019

Historic Kyle City Hall 101 S. Burleson Street

Monday

Time	Class
8:15am	SeniorFIT 1 - Katie
9:30am	SeniorFIT Cardio-Dance & Strength-Katie
10:15 AM	StretchFIT (yoga/Pilates) - Katie
5:30pm	*Bootcamp - Angie
6:15pm	*StretchFIT (yoga/Pilates) - Angie

Tuesday

Time	Class
7:00pm	Aqua-FIT - Angie/Katie/Tammy
	City of Kyle Pool

Wednesday

Time	Class
8:15am	SeniorFIT 3 - Katie
9:30am	SeniorFIT 3 - Katie
5:30pm	Bootcamp - Angie
6:15pm	StretchFIT (yoga/Pilates) - Angie

Thursday

Time	Class
8:30am	Bootcamp - Angie/Katie
7:00pm	Aqua-FIT - Angie/Katie/Tammy - Pool

Friday

Time	Class
8:15am	SeniorFIT 2 - Katie
9:30am	SeniorFIT 2 - Katie

Saturday

Time	Class
9:00am	Aqua-FIT - Angie/Katie/Tammy
	City of Kyle Pool

**Every 1st Monday bring your FitBALL, every 2nd Monday meet at Kyle City Hall*

Fee Schedule:

<u>AquaFIT, Bootcamp, DanceFIT, StretchFIT:</u>

$10 per class drop-in

$30/month for 1x week

$60/month for 2x week

$90/month for UNLIMITED classes

<u>SeniorFIT Classes (age 55+):</u>

$3 per class drop-in

$20 punchcard (10 classes)

Contact Katie Rhoades for space availability.