

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	2 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	3 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	4 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	5 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-8p.m.</b> <b>LANE SWIMMING</b>	6 <b>8a.m.-12p.m.</b> <b>LANE SWIMMING</b>
7 <b>12p.m.-5p.m.</b> <b>LANE SWIMMING</b>	8 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	9 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	10 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	11 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	12 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-8p.m.</b> <b>LANE SWIMMING</b>	13 <b>8a.m.-12p.m.</b> <b>LANE SWIMMING</b>
14 <b>12p.m.-5p.m.</b> <b>LANE SWIMMING</b>	15 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	16 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	17 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	18 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	19 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-8p.m.</b> <b>LANE SWIMMING</b>	20 <b>8a.m.-12p.m.</b> <b>LANE SWIMMING</b>
21 <b>12p.m.-5p.m.</b> <b>LANE SWIMMING</b>	22 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	23 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	24 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>	25 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	26 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-8p.m.</b> <b>LANE SWIMMING</b>	27 <b>8a.m.-12p.m.</b> <b>LANE SWIMMING</b>
28 <b><u>CLOSED</u></b>	29 <b><u>CLOSED</u></b>	30 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	31 8:00 Aqua Cardio 9:00 Aqua Strength 11:00 RESERVED <b>12p.m.-10p.m.</b> <b>LANE SWIMMING</b>			

# May AQUATIC

**Aqua Cardio/Endurance** - An aquatic inspired class that is instructed at a higher intensity. Targets all major muscle groups, elevates heart rate while toning all muscle groups along with improving endurance and mobility.

**Aqua Strength/Condition** - An aquatic class that is conducted at a slower pace and designed to improve muscle strength/conditioning in all major muscle groups while improving flexibility.

**Core Strengthening** - Focuses on strengthening the core muscles through the use of balancing and swimming techniques. Good for all swimmers.

**Aqua Yoga** - Intro to yoga class open to those who can swim and are comfortable in the water. Yoga poses using water as support.

**Aqua Stretch** - light work out with foam hand weights and noodles to stretch, loosen, and warm up the body.

**Aqua Advanced** - more intense paced class emphasizing CORE strengthening with foam hand weights and noodles.

**Boot Camp** - Intense cardio improves conditioning, muscular strength and endurance. Appropriate for those desiring an increased heart rate and comfortable with full emersion in the water.

**Gentle Fitness** - easy, gentle stretching designed to help improve flexibility of joints, strength, and mobility.

***All times listed are reserved for the aquatic classes and will be reserved for the full hour. Please respect our instructors and members posted time by not intruding unless participating.***

***Lane swimming : both swim lanes will be up during the listed times on schedule for members to openly use swim lanes for their personal aquatic workouts.***

If not previously listed on schedule; all other times in the pool is named OPEN SWIM time for members to workout at their discretion, if not with other members in a group setting.

***Hours of Operation***  
Sunday 12:00p.m.-5:00p.m  
Monday-Thursday  
5:00a.m.-10:00p.m.  
Friday 5:00a.m.-8:00p.m.  
Saturday 8:00a.m.-4:00p.m.



**Kaiser Wellness Center**  
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