

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 10:00 Silver & Fit</p> <p>4-6 Wellness Camp 5:10 Fit Training 6:00 Total Body Cardio</p>	<p>2 ROOM RESERVED 8a.m.-5p.m. 5:10 Fit Training</p>	<p>3 10:00 Silver & Fit</p> <p>5:00 Yoga 5:10 Fit Training 6:15 Total Body Cardio</p>	<p>4 10:00 Silver & Fit</p> <p>5:10 Fit Training</p>	<p>5</p>	<p>6 9:00 Total Body Cardio</p>
7	<p>8 10:00 Silver & Fit</p> <p>4-6 Wellness Camp 5:10 Fit Training</p>	<p>9 10:00 Silver & Fit</p> <p>5:10 Fit Training 5:30 Circuit Training 6:30 Zumba</p>	<p>10 10:00 Silver & Fit</p> <p>5:00 Yoga 5:10 Fit Training 6:15 Total Body Cardio</p>	<p>11 10:00 Silver & Fit</p> <p>5:10 Fit Training 5:30 Circuit Training 6:30 Zumba</p>	<p>12</p>	<p>13 9:00 Total Body Cardio 10:00 Zumba 11:00 Circuit Training</p>
14	<p>15 10:00 Silver & Fit</p> <p>4-6 Wellness Camp 5:10 Fit Training</p>	<p>16 10:00 Silver & Fit</p> <p>5:10 Fit Training</p>	<p>17 10:00 Silver & Fit</p> <p>5:00 Yoga 5:10 Fit Training 6:15 Total Body Cardio</p>	<p>18 10:00 Silver & Fit</p> <p>5:10 Fit Training</p>	<p>19</p>	<p>20 9:00 Total Body Cardio</p>
21	<p>22 10:00 Silver & Fit</p> <p>4-6 Wellness Camp 5:10 Fit Training 6:00 Total Body Cardio</p>	<p>23 10:00 Silver & Fit</p> <p>5:10 Fit Training 5:30 Circuit Training 6:30 Zumba</p>	<p>24 10:00 Silver & Fit</p> <p>5:00 Yoga 5:10 Fit Training 6:15 Total Body Cardio</p>	<p>25 10:00 Silver & Fit</p> <p>5:10 Fit Training 5:30 Circuit Training 6:30 Zumba</p>	<p>26</p>	<p>27 9:00 Total Body Cardio 10:00 Zumba 11:00 Circuit Training</p>
28	<p>29 <u>CLOSED</u></p>	<p>30 10:00 Silver & Fit</p> <p>5:10 Fit Training 5:30 Circuit Training 6:30 Zumba</p>	<p>31 10:00 Silver & Fit</p> <p>5:00 Yoga 5:10 Fit Training 6:15 Total Body Cardio</p>			

May Group Fit

Silver & Fit - Class instructed at a slow pace that follows along with our WellBeats system to provide an exercise routine to work all major muscle groups and promote overall wellness.

Yoga - Intro to yoga for members who can comfortably transition from floor to upright position.

Zumba - A latin inspired dance class that will work your entire body and burn major calories!

Circuit Training- a no nonsense workout that will leave you breathless. Moving from stations, working all muscle groups, in a faster paced tempo will definitely burn those calories and build that lean muscle

Total Body Cardio - a moderate paced class that increases heart rate and burns calories at the same time. Aerobic inspired class featuring plyometrics and flexibility all the while helping you become more fit and reach those goals!

FITTRAINING - aerobic inspired class that will emphasize cardiovascular and resistance training. Instructor will be leading group classes outside (weather permitting).

Wellness Camp- meet with Coach Amy and the group each week to go over menus, shopping lists, meal plans, exercise routines, supplement intake, health concerns and more. Whether your goal is weight loss, disease management or just a desire for a healthier family, this group will have something for everyone!

WELLBEATS - please come in and take this time to view and participate in our WellBeats Video On Demand system. With a multitude of workouts that can range from 20-45 minutes, just pick a class, grab some friends or go solo and enjoy the workout!! Available all day!

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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