

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 10:00 Silver & Fit 5:10 Fit Training 5:15 Zumba	<i>2</i> 9:00 Yoga 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training	<i>3</i> 10:00 Silver & Fit 5:00 Yoga 5:10 Fit Training	<i>4</i> 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training 5:15 Zumba 6:00 TBW	<i>5</i> 5:10 Fit Training	<i>6</i> 9:45 Fit Training
7	<i>8</i> 10:00 Silver & Fit 5:15 Zumba	<i>9</i> 9:00 Yoga 10:00 Silver & Fit 1:00 Line Dancing	<i>10</i> 10:00 Silver & Fit 5:00 Yoga 6:00 TBW	<i>11</i> 10:00 Silver & Fit 1:00 Line Dancing 5:15 Zumba 6:00 TBW	<i>12</i>	<i>13</i>
14	<i>15</i> 10:00 Silver & Fit 5:10 Fit Training 6:00 TBW	<i>16</i> 9:00 Yoga 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training 6:00 Dance2Fit	<i>17</i> 10:00 Silver & Fit 5:00 Yoga 5:10 Fit Training 6:00 Dance2Fit	<i>18</i> 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training	<i>19</i> 5:10 Fit Training	<i>20</i> 9:45 Fit Training
21	<i>22</i> 10:00 Silver & Fit 5:10 Fit Training 5:15 Zumba 6:00 TBW	<i>23</i> 9:00 Yoga 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training	<i>24</i> 10:00 Silver & Fit 5:00 Yoga 5:10 Fit Training	<i>25</i> 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training 5:15 Zumba 6:00 TBW	<i>26</i>	<i>27</i>
28	<i>29</i> 10:00 Silver & Fit 5:10 Fit Training 5:15 Zumba 6:00 TBW	<i>30</i> 9:00 Yoga 10:00 Silver & Fit 1:00 Line Dancing 5:10 Fit Training	<i>31</i> 10:00 Silver & Fit 5:00 Yoga 5:10 Fit Training			

October 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.

INTRO to Yoga— on first Wednesday of every month, this is for the very beginner of yoga, that allows for more instructional assistance to those that need help with movements, poses, and for instructor to help correct form/posture during class. Call to reserve a spot (830-583-9300).

Yoga - Yoga for members who can comfortably transition from floor to upright position with no assistance.

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

Line Dancing— a fun aerobic workout by performing you guessed it, signature dance moves to some great music!

Total Body Workout (TBW) - 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).

Dance2Fit - Dance2Fit is a fun, energetic, high-intensity workout. Dance2Fit uses various types of popular hip-hop music to create an aggressive but rewarding full body workout

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

3349 S. Hwy 181

Kenedy, TX 78118

Phone: 830-583-9300

Fax: 830-583-4545