

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	4 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	5 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 6-7 RESERVED	6 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	7 8:00 Aqua Cardio 9:00 Aqua Strength 6-7 RESERVED	8
9	10 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	11 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	12 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 6-7 RESERVED	13 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	14 8:00 Aqua Cardio 9:00 Aqua Strength 6-7 RESERVED	15
16	17 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	18 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	19 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 6-7 RESERVED	20 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	21 8:00 Aqua Cardio 9:00 Aqua Strength 6-7 RESERVED	22
23 30	24 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	25 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 5:30 Aqua Stretch 6:30 Aqua Advanced	26 8:00 Aqua Cardio 9:00 Aqua Strength 11-1 RESERVED 6-7 RESERVED	27 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11-1 RESERVED 6-7 RESERVED	28 8:00 Aqua Cardio 9:00 Aqua Strength 6-7 RESERVED	29

June 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.

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.

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

Aqua Zumba - An effective water-based workout that blends high-energy Zumba® moves with low-impact aqua fitness

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.

Swim Lessons are reserved for the summer and we thank you for your patience regarding the summer schedule.

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

Pool Opens :

Monday-Friday at 5:00a.m.-10:00p.m. Saturday 8:00a.m.-6:00p.m. Sunday 12:00p.m.-6:00p.m.

Hours of Operation

Sunday 12:00p.m.-6:00p.m

Monday-Thursday

4:00a.m.-10:00p.m.

Friday 4:00a.m.-10:00p.m.

Saturday 8:00a.m.-6:00p.m.



Kaiser Wellness Center

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