

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00 Pop Pilates
2	3 10:00 Silver & Fit 5:15 Light & Fit	4 10:00 Silver & fit 5:15 TBW 6:00 Zumba	5 9:00 Pop Pilates 10:00 Silver & Fit 5:00 Yoga	6 10:00 Silver & fit 10:30-12 RESERVED 5:15 Light & Fit 6:00 Zumba	7 5:00 B-Fit	8 9:00 Pop Pilates
9	10 10:00 Silver & Fit 5:15 Pop Pilates	11 10:00 Silver & fit 5:15 Light & Fit 6:00 Zumba	12 9:00 Pop Pilates 10:00 Silver & Fit 5:00 Yoga	13 10:00 Silver & fit 10:30-12 RESERVED 5:15 Light & Fit	14	15
16	17 10:00 Silver & Fit 5:15 Light & Fit	18 10:00 Silver & fit 5:15 TBW	19 9:00 Pop Pilates 10:00 Silver & Fit 5:00 Yoga	20 10:00 Silver & fit 10:30-12 RESERVED 5:15 Light & Fit	21 5:00 Pop Pilates	22 9:00 B-Fit
23 30	24 10:00 Silver & Fit 5:15 Pop Pilates	25 10:00 Silver & fit 5:15 Light & Fit 6:00 Zumba	26 9:00 Pop Pilates 10:00 Silver & Fit 5:00 Yoga	27 10:00 Silver & fit 10:30-12 RESERVED 5:15 Light & Fit 6:00 Zumba	28 5:00 B-Fit	29 9:00 Pop Pilates

June 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 - 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!

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

Light & Fit - a beginner to moderate level fitness inspired class, that focuses on the individual in a single station with either dumbbells, resistance bands, or weighted barbells as you go through a slower paced workout emphasizing form and technique for all muscle groups.

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!

PowerFit - a moderate to advanced pace class that emphasizes high intensity interval training. Each workout will target all major muscle groups, a variety of cardio intervals, allowing for some major calories to be burned. Each class will cool down with abdominal work and stretching. Class may be instructed inside KWC on track OR outside dependent on weather! BE READY!

B-Fit— A moderate fitness level class featuring stations that the class revolves around in a group setting. Each workout will target all major muscle groups, a variety of cardio intervals, allowing for some major calories to be burned.

Pop Pilates - combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is FUN and effective. Students will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit the needs of the students. They leave feeling sweaty, strong and ready for more!

Fitness On Demand - please come in and take this time to view and participate in our Fitness 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.-6:00p.m

Monday-Friday

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

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



Kaiser Wellness Center

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