

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

# August 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

**Splish Splash Cardio** - a very active total body aerobic workout done while listening to music. Non Swimmers welcome.

**Splish Splash TONE** - with music in background, we use pool equipment to engage all major muscle groups while getting a great cardio workout!

***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**

**3349 S. Hwy 181**

**Kenedy, TX 78118**

**Phone: 830-583-9300**

**Fax: 830-583-4545**