

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><i>1</i></p> <p>8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>2</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength <b>10:00 RESERVED</b> <b>11:00 Physical Therapy</b></p> <p><b>5:00 Aqua ZUMBA</b></p>	<p><i>3</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>4</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA <b>11:00 Physical Therapy</b></p>	<p><i>5</i></p> <p><b>10:30–12:30</b> <b>RESERVED</b></p>
6	<p><i>7</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p>	<p><i>8</i></p> <p>8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>9</i></p> <p>8:30 Aqua Cardio 9:30 Aqua Strength <b>10:30 RESERVED</b> <b>11:00 Physical Therapy</b></p> <p><b>5:00 Aqua ZUMBA</b></p>	<p><i>10</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>11</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA <b>11:00 Physical Therapy</b></p>	<p><i>12</i></p> <p><b>10:30–12:30</b> <b>RESERVED</b></p>
13	<p><i>14</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p>	<p><i>15</i></p> <p>8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>16</i></p> <p><b>10:00 RESERVED</b> <b>11:00 Physical Therapy</b></p> <p><b>5:00 Aqua ZUMBA</b></p>	<p><i>17</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>18</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA <b>11:00 Physical Therapy</b></p>	<p><i>19</i></p> <p><b>10:30 –12:30</b> <b>RESERVED</b></p>
20	<p><i>21</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p>	<p><i>22</i></p> <p>8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>23</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength <b>10:30 RESERVED</b> <b>11:00 Physical Therapy</b></p> <p><b>5:00 Aqua ZUMBA</b></p>	<p><i>24</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>25</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA <b>11:00 Physical Therapy</b></p>	<p><i>26</i></p> <p><b>10:30 –12:30</b> <b>RESERVED</b></p>
27	<p><i>28</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p>	<p><i>29</i></p> <p>8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>	<p><i>30</i></p> <p>8:00 Aqua Cardio 9:0 Aqua Strength <b>10:30 RESERVED</b> <b>11:00 Physical Therapy</b></p> <p><b>5:00 Aqua ZUMBA</b></p>	<p><i>31</i></p> <p>8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b></p> <p>5:30 Aqua Stretch 6:30 Aqua Advanced</p>		

# October 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 and we thank you for your patience regarding the fall 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 4:00a.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-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**