

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA 11:00 Physical Therapy	2
3	4 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy	5 8:30 Aqua Cardio 9:30 Aqua Strength 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	6 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 RESERVED 11:00 Physical Therapy 5:15 Aqua ZUMBA	7 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	8 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA 11:00 Physical Therapy	9 10:30-12:30 RESERVED
10	11 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy	12 8:30 Aqua Cardio 9:30 Aqua Strength 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	13 8:30 Aqua Cardio 9:30 Aqua Strength 10:30 RESERVED 11:00 Physical Therapy 5:15 Aqua ZUMBA	14 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	15 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA 11:00 Physical Therapy	16 10:30-12:30 RESERVED
17	18 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy	19 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	20 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 RESERVED 11:00 Physical Therapy 5:15 Aqua ZUMBA	21 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	22 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Aqua ZUMBA 11:00 Physical Therapy	23 10:30-12:30 RESERVED
24	25 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness 11:00 Physical Therapy	26 11:00 Physical Therapy 5:30 Aqua Stretch 6:30 Aqua Advanced	27 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 RESERVED 11:00 Physical Therapy 5:15 Aqua ZUMBA	28 <u>CLOSED</u> HAPPY THANKSGIVING	29 Holiday Hours 4am-6pm <u>NO CLASSES</u>	30

November 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

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