

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 PiYo	2 9:00 Pop Pilates 10:00 PIIT28
3	4 10:00 Silver & Fit 5:15 Light & Fit 6:00 Zumba	5 10:00 Silver & Fit 1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA	6 9:00 Pop Pilates 10:00 Silver & Fit 4:00 Zumba GOLD 5:00 Yoga 6:00 PiYo	7 10:00 Silver & Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Light & Fit 6:00 ZUMBA	8 9:00 PiYo	9 9:00 Pop Pilates 10:00 PIIT28
10	11 10:00 Silver & Fit 5:15 Light & Fit 6:00 Zumba	12 10:00 Silver & Fit 1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA	13 9:00 Pop Pilates 10:00 Silver & Fit 4:00 Zumba GOLD 5:00 Yoga 6:00 PiYo	14 10:00 Silver & Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Light & Fit 6:00 ZUMBA	15 9:00 PiYo	16 9:00 Pop Pilates 10:00 PIIT28
17	18 10:00 Silver & Fit 5:15 Light & Fit 6:00 Zumba	19 10:00 Silver & Fit 1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA	20 9:00 Pop Pilates 10:00 Silver & Fit 4:00 Zumba GOLD 6:00 PiYo	21 10:00 Silver & Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Light & Fit 6:00 ZUMBA	22 9:00 PiYo	23 9:00 Pop Pilates 10:00 PIIT28
24	25 10:00 Silver & Fit 5:15 Light & Fit 6:00 Zumba	26 10:00 Silver & Fit 1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA	27 9:00 Pop Pilates 10:00 Silver & Fit 4:00 Zumba GOLD 6:00 PiYo	28 <u>CLOSED</u> HAPPY THANKSGIVING	29 Holiday Hours 4am-6pm <u>NO CLASSES</u>	30

November 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!

Zumba Gold- The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance

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.

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!

PIIT28 - Pilates Intense Interval Training; and it fuses the unmatched muscle sculpting effects of Pilates with the dynamic fat burning power of HIIT to give you a truly body-transforming workout in under 30 minutes!

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!

Kaiser Wellness Center

3349 S. Hwy 181

Kenedy, TX 78119

KWC 830-583-9300

FAX 830-583-4545

Hours of Operation

Monday-Friday 4am-10pm

Saturday 8am-6pm

Sunday 12pm-6pm

