

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:30 RockSteady 5:15 Zumba	2 5:15 Zumba	3
4 CLOSED	5 5:15 Zumba 6:15 B-Fit	6 1:00 Line Dancing 5:15 Zumba	7 5:15 Pop Pilates 6:15 Zumba	8 10:30 RockSteady 5:15 Zumba	9 5:15 Zumba	10
11	12 5:15 Zumba 6:15 Pop Pilates	13 1:00 Line Dancing 5:15 Zumba	14 5:15 B-Fit 6:15 Zumba	15 10:30 RockSteady 5:15 Zumba	16 5:15 Zumba	17
18	19 5:15 Zumba 6:15 B-Fit	20 1:00 Line Dancing 5:15 Zumba	21 5:15 Pop Pilates 6:15 Zumba	22 10:30 RockSteady 5:15 Zumba	23 5:15 Zumba	24
25	26 5:15 Zumba 6:15 Pop Pilates	27 1:00 Line Dancing 5:15 Zumba	28 5:15 B-Fit 6:15 Zumba	29 10:30 RockSteady 5:15 Zumba	30 5:15 Zumba	31

July Group Fitness

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!

Zumba - A latin inspired dance class that will work your entire body and burn major calories!

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.-5:00p.m
Monday-Friday
4:00a.m.-10:00p.m.
Saturday 8:00a.m.-4:00p.m.



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