

Location:

1307 East General Cavazos Blvd.
Kingsville, Texas

361-595-9409

Hours of Operation:

Monday through Friday
5:30 a.m. – 8 p.m.

Saturday
8 a.m. – 12 Noon

Closed on Sunday



**COLSTON | WELLNESS
GYM**

Much More Than A Gym



christusspohncolstongym.org

 #colstonwellness
#muchmorethanagym



Colston Wellness. Better for Every Body.

Doesn't your body deserve a better workout? The CHRISTUS Spohn Hospital Kleberg Colston Wellness Center experience is a health-focused program that's individualized to meet your medical, physical and fitness needs. We're much more than a gym.

Your initial consultation starts with a complete health and fitness assessment, and trained fitness professionals develop a personal exercise regimen that's customized to your needs. Affordable memberships with no long-term contract.



The Colston Wellness Advantage

- Kinesis Wall with grips, cables and weight stacks, allows 360° motion
- State-of-the-art TechnoGym exercise equipment and circuit training
- Quarter-size Olympic indoor pool with in-pool treadmill
- Variety of aerobic classes including water aerobics
- "Smart Key" program acts as a personal trainer during workouts
- Personal training
- Men's and women's locker rooms
- Indoor walking track
- Re-Energize Juice Bar
- Massage Therapy

Join today and start the journey your body deserves for the ultimate in health and well-being.

Join Us.

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