

AQUATICS

July 17 – August 19, 2023



Register at: www.ourclublogin.com/510682 | Call 785-623-5900

Monday

8:30-9:15 AM

AQUAFLOAT
BEGINNING

Christine

Sign up Required

9:15-9:45 AM

Aqua Yoga
Rhonda

10:00-10:45 AM

Water Aerobics
Christine

1:30-2:00 PM

Arthritis Fitness
Kelly

Tuesday

9:00-9:45 AM

Ai Chi
Jessica

10:00-10:45 AM

Water Aerobics
Sabrina

1:30-2:00 PM

Arthritis Fitness
Sam

Wednesday

10:00-10:45 AM

Water Aerobics
Kelly

1:30-2:00 PM

Arthritis Fitness
Heather

Thursday

9:00-9:45 AM

Ai Chi
Jessica

10:00-10:45 AM

Water Aerobics
Christine

1:30-2:00 PM

Arthritis Fitness

Friday

6:00-6:45 AM

Fluid Moves
Kirsten

****Held only
Aug. 25
Sept. 8**

10:00-10:45 AM

Water Aerobics
Kelly

1:30-2:00 PM

Arthritis Fitness
Kelly

Saturday

9:30-10:30 AM

Water Aerobics
Instructor varies

Class Location Key

Therapy Pool

Lap Pool

AquaFloat

**MUST REGISTER for
AQUAFLOAT beginning classes!**

*These classes are limited to 5 participants
per class.*

***Pre-Post Natal
classes available***

Call the Front Desk
at 785-623-5900 to
schedule.

**Drop-in classes are \$5.00
per person per class or \$45.00
for a 10-day punch card for
ALL classes.**

Schedule is subject to change. For schedule updates and changes please visit our mobile app or web site:

www.haysmed.com/the-center/

Schedule updated: July 17, 2023

785-623-5900



THE CENTER
for Health Improvement
HAYSMED