

AQUATICS

August 21 - October 29, 2023



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

Monday
8:30-9:15 AM AQUAFLOAT BEGINNING Christine <i>Sign up Required</i>
9:15-9:45 AM Aqua Yoga Rhonda
10:00-10:45 AM Water Aerobics Christine
1:30-2:00 PM Arthritis Fitness Kelly
5:30-6:20 PM Water Aerobics Addie

Tuesday
9:00-9:50 AM Ai Chi Jessica
10:00-10:45 AM Water Aerobics Sabrina
1:30-2:00 PM Arthritis Fitness Sam
NEW! TIME 6:00-6:50 PM Water Fusion Kelly

Wednesday
5:10-6:00 AM Water Aerobics Melissa
10:00-10:45 AM Water Aerobics Kelly
1:30-2:00 PM Arthritis Fitness Heather
5:30-6:20 PM Water Aerobics Addie

Thursday
9:00-9:50 AM Ai Chi Jessica
10:00-10:45 AM Water Aerobics Christine

Friday
6:00-6:45 AM Fluid Moves Kirsten **Held only Aug 25 Sept 8 Oct 6
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: August 21, 2023

785-623-5900

