

GROUP FITNESS

August 21 - October 29, 2023



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

Monday
6:00-6:45 AM Circuit Training Alaina
9:00-9:45 AM Strength & Stretch Sam
9:00-10:00 AM Row-Spin-Strength Alaina
4:30-5:15 PM FIT Melisa
5:30-6:30 PM Body Blast Dr. Andrea
5:30-6:15 PM Yoga Basics Heather

Tuesday
5:10-6:00 AM Pilates-Yoga Combo Melissa
8:15-9:00 AM Yoga Basics Rhonda
NEW 8:15-9:15 AM Power Up Sweat Fest Bri Begins Sept. 12th
NEW 9:10-10:00 AM Barre Ketino
NEW 10:05-10:50 AM Barre Stretch Ketino
12:45-1:15 PM Strong & Steady Sam
4:30-5:15 PM FIT Melisa
5:30-6:30 PM BootCamp Crystal
6:00-6:45 PM Weight Loss Solutions (Program registration required)

Wednesday
5:30-6:15 AM Spinning Steph <i>Sign-up required</i>
6:00-6:50 AM Circuit Training Sabrina
9:00-10:00 AM BootCamp JoDee
9:00-9:45 AM Strength & Stretch Heather
10:00-10:45 AM Restorative Yoga Sabrina
5:30-6:30 PM Body Blast Dr Andrea
5:30-6:15 PM Yoga Basics Heather

Thursday
5:10-5:55 AM Variety Class Melissa/Bri
8:15-9:00 AM Yoga Basics Rhonda
8:15-9:15 AM S ² (Spinning & Sculpting) Alaina
9:15-10:00 AM Pilates Christine
12:45-1:15 PM Strong & Steady Sabrina
4:30-5:15 PM FIT Melisa
5:30-6:30 PM BootCamp Crystal
6:00-6:45 PM Weight Loss Solutions (Program registration required)

Friday
5:10-6:00 AM Row-Spin-Strength Sabrina
9:00-10:00 AM Circuit Training JoDee
9:00-9:45 AM Strength & Stretch Sabrina

Saturday
9:00-10:00 AM Saturday Class Instructor Varies

Pre-Post Natal classes available
Call the Front Desk at 785-623-5900 to schedule.

Class Location Key
Gymnasium
Group Fitness Studio
Spinning Studio

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

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