

GROUP FITNESS

October 30 - December 30, 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
8:15-9:15 AM Power Up Sweat Fest Bri
9:10-10:00 AM Barre Ketino
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: October 30, 2023

785-623-5900



AQUATICS

October 30 - December 30, 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
10:00-10:50 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
10:00-10:50 AM Water Aerobics Sabrina
1:30-2:00 PM Arthritis Fitness Sam
6:00-6:50 PM Water Fusion Kelly

Wednesday
5:10-6:00 AM AquaFloat Circuit Melissa
10:00-10:50 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
10:00-10:50 AM Water Aerobics Christine
1:30-2:00 PM Arthritis Fitness

Friday
6:00-6:45 AM Fluid Moves Kirsten **Held only Nov 17 Dec 8
10:00-10:50 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:
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Group Fitness Classes

Barre - A group workout technique inspired by elements of ballet, yoga, and Pilates. It is a high-intensity, low-impact workout designed to strengthen and tone your whole body, with strong emphasis on the core; it will increase your flexibility and improve posture.

Barre Stretch - Floor barre fitness class designed to stretch, relieve, and restore sore muscles. The mindful routine incorporates dynamic and static stretching to improve flexibility, mobility and balance

Body Blast - This class combines strength, HIIT (high intensity interval training) and cardio exercises into fun activities for a full-body workout guaranteed to burn fat and sculpt muscle.

BootCamp - A fast paced high intensity class. Boot Camp will be a mix of body weight exercises with interval and strength training. It will push you every time.

Circuit Training - You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of exercise stations to work different muscle groups. Each week will be a new challenge, but always great for any fitness level.

F.I.T. - Functional Interval Training- This class will burn calories and fat, and tone up those muscles utilizing a variety of equipment to get results. A different format for each class, so it's always something new!

H.I.I.T. (High Intensity Interval Training) - High intensity, high energy athletic and sport strengthening and cardio intervals.

Pilates - A fitness format that focuses on the muscles of the core (abs, back, hips) done primarily on a mat on the floor with various props. This class will focus on flexibility, stretching, and strength and will incorporate deep breathing and guided relaxation exercises.

Pilates-Yoga Combo this method focuses on your core muscles, increasing strength and stability of the abdominals, buttocks, back, and legs and will incorporate Yoga combinations.

Pre/Post Natal Fitness - This is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post partum, to develop stamina and strength for labor and delivery and to restore muscle tone after the baby is born.

Power Up Sweat Fest - A full body strength class designed to increase muscular strength through resistance training.

Restorative Yoga - Designed for the beginning exerciser. All exercises can be done in a chair or with a chair assist and do not require the participant to get on and off of the floor. The practice also includes techniques in breathing and relaxation. Benefits of this form of Yoga include joint mobility, lowering heart rate and blood pressure and promotion of healing.

Row-Spin-Strength - Interval circuit style class with an emphasis on endurance training with strength circuits inter-mixed to keep things interesting while increasing power output.

S² - A combination of *Spinning* and *Sculpting* different areas of the body.

Spinning - Group exercise on a stationary bike. This class offers strength, interval, and aerobic rides. Perfect for all fitness levels as you "ride your own ride." Bring a water bottle and towel and arrive 5 minutes early for your first class so that the instructor can assist with setting up your bike specifically for your needs.

Spinning & Core - Spinning and core, say no more. 30 minutes of heart pumping, thigh burning cardiovascular exercise on a stationary bike. This is followed by 30 minutes of gut busting functional core exercises and stretching. Perfect for anyone and any fitness level.

Strength & Stretch - Do you enjoy working out in a group setting? This program is supervised by a wellness specialist and will offer a different stretching and strengthening workout each day with all of the components of a complete exercise program.

Strong & Steady - This class will incorporate strength, agility, balance, and coordination exercises used to help individuals reduce their risk of falls. Equipment may include chairs, thera-bands, light dumbbells, and bender balls.

Variety Class - Class formats that alternate each week to give you a fresh, exciting and dynamic workout!

Weight Loss Solutions-(Program Participants only)- A physician referred weight loss program. For more information contact Stephanie Howie.

Yoga Basics - New to yoga and want to stick to the basics? This class offers an introduction to the basics of Hatha yoga. Fundamental postures, breathwork, and relaxation techniques are introduced. Expect a slow pace and detailed instructions. Great for beginners or those who prefer a gently yoga class.

Aquatic Classes

Ai Chi - Is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing continual patterns.

Aqua Yoga - Yoga held in the warm water therapy pool where participants can experience the effects of gravity elimination in order to experience relaxation and increased range of motion.

Aqua Float Beginning - Is performed on a Stand up board in the lap pool. The board and water create new challenges to exercise differently than on land. The motion of the board on the water causes your body to constantly balance and stabilize, effectively improving both. A great challenge for all fitness levels.

Aqua Float Circuit - involves circuit stations on and off the board and can accommodate a larger number of participants.

Arthritis Fitness - An aquatic class consisting of over 68 separate exercises that enable participants to improve and maintain joint flexibility, thereby enhancing ones abilities to perform daily tasks, increase independence and improve overall sense of well-being.

Fluid Moves - You choose the intensity level of strength, stretch, & cardio using all the water toys!

Pre/Post Natal Fitness - This is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post partum, to develop stamina and strength for labor and delivery and to restore muscle tone after the baby is born.

Water Aerobics - This class is held in the shallow end of our lap pool and our instructors make sure to give modifications so members of all fitness levels get a great workout.

Water Fusion - Not your traditional water aerobics class. This class will include a variety of equipment and utilizing all depths of pool.