

# GROUP FITNESS

September 3 - October 4, 2024



Register at: [www.ourclublogin.com/510682](http://www.ourclublogin.com/510682) | Call 785-623-5900

Monday
6:00-6:45 AM Circuit Training Alaina
9:00-10:00 AM Strength & Stretch Sam
<b>NEW</b> 9:15-10:00 AM Core & More Jodee
4:30-5:15 PM FIT Melisa
5:30-6:30 PM Body Blast Dr. Andrea
5:30-6:15 PM Yoga Basics Andrea W.

Tuesday
5:10-6:00 AM Pilates-Yoga combo Melissa
8:15-9:00 AM Yoga Basics Rhonda
<b>NEW</b> 8:15-9:15 AM S <sup>2</sup> (Spinning & Sculpting) Bri
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 Chelsea
<b>NEW</b> 8:15-8:45 AM Balanced Body Megan
9:00-10:00 AM BootCamp JoDee
9:00-9:45 AM Strength & Stretch Darlan
10:00-10:45 AM Chair Yoga Darlan
<b>NEW</b> 4:30-5:15 PM Core & More Abby
5:30-6:30 PM Body Blast Dr. Andrea
5:30-6:15 PM Yoga Basics Andrea W.

Thursday
5:10-5:55 AM Variety Class Melissa/Bri
8:15-9:00 AM Yoga Basics Rhonda
9:15-10:00 AM Pilates Christine
12:45-1:15 PM Strong & Steady Derek
4:30-5:15 PM FIT Melisa
<b>NEW</b> 5:15-5:45 PM Balanced Body Megan
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 Tamra & Melissa
9:00-10:00 AM Circuit Training JoDee
<b>NEW</b> 12:00-12:45 PM Lunch Crunch Abby

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/](http://www.haysmed.com/the-center/)

Schedule updated:  
September 3, 2024

785-623-5900



# AQUATICS

September 3 - October 4 2024



Register at: [www.ourclublogin.com/510682](http://www.ourclublogin.com/510682) | Call 785-623-5900

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

Tuesday
<b>9:00-9:45 AM</b> Ai Chi Jessica
<b>10:00-10:45 AM</b> Water Aerobics <i>No Instructor</i>
<b>1:30-2:00 PM</b> Arthritis Fitness Sam
<b>6:00-6:50PM</b> Water Fusioin Kelly

Wednesday
<b>5:10-6:05AM</b> Water Aerobics Melissa
<b>10:00-10:45 AM</b> Water Aerobics Kelly
<b>1:30-2:00 PM</b> Arthritis Fitness <i>No Instructor</i>

Thursday
<b>9:00-9:45 AM</b> Ai Chi Jessica
<b>10:00-10:45 AM</b> Water Aerobics Christine
<b>1:30-2:00 PM</b> Arthritis Fitness Derek

Friday
<b>6:00-6:45 AM</b> Fluid Moves Kirsten **Held only Oct 11
<b>10:00-10:45 AM</b> Water Aerobics Kelly
<b>1:30-2:00 PM</b> Arthritis Fitness Kelly

Saturday
<b>9:30-10:30 AM</b> 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/](http://www.haysmed.com/the-center/)  
 Schedule updated: September 3, 2024

**785-623-5900**



# Group Fitness Classes

**Balanced Body** - Chair assisted exercise class consisting of upper and lower body exercises to improve balance, posture, and mobility. No equipment or weights needed!

**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.

**Chair 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.

**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.

**Core & More** - This class will focus on the core, but will include strength exercises for other muscle groups as well.

**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.

**Lunch Crunch** - A 45-minute full body workout designed to fit perfectly into your lunch hour!

**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.

**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.

**S<sup>2</sup>** - A combination of *Spinning* and *Scuplting* 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.

**Strength & Stretch** - A full-body, low impact group fitness class that incorporates simple equipment and bodyweight exercises to improve flexibility, strength, and cardiovascular fitness.

**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 informaiton 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.

updated 9/1/24

# 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.

**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 Works** - Fun water aerobics utilizing a combination of aqua equipment.

*updated 9/1/24*