




GROUP FITNESS

January 6 – March 29, 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 AM Circuit Training Alaina	NEW! 5:30-6:00 AM Mobility & Stretch Elle	5:30-6:15 AM Spinning Steph <i>Sign-up required</i>	NEW CLASS TIME! 5:30-6:15 AM Core & More Logan	5:10-6:00 AM Row-Spin-Strength Tamra	9:00-10:00 AM Saturday Class Instructor Varies
9:00-10:00 AM Strength & Stretch Sabrina	8:15-9:00 AM Yoga Basics Rhonda	6:00-6:50 AM Circuit Training Chelsea	8:15-9:00 AM Yoga Basics Rhonda	9:00-10:00 AM Circuit Training JoDee	*Pre-Post Natal classes available* Call the Front Desk at 785-623-5900 to schedule.
9:15-10:00 AM Core & More JoDee	8:15-9:15 AM S ² (Spinning & Sculpting) Bri	9:00-10:00 AM BootCamp JoDee	8:15-9:15 AM Power Up Sweat Fest Bri	9:00-9:45 AM Strength & Stretch Sabrina	
2:30-3:00 PM Balanced Body Megan	12:45-1:15 PM Strong & Steady Heather	9:00-9:45 AM Strength & Stretch Heather	9:15-10:00 AM Pilates Christine	12-12:30 PM Lunch Crunch Heather	Class Location Key  Gymnasium  Group Fitness Studio  Spinning Studio
4:30-5:15 PM FIT Melisa	4:30-5:15 PM FIT Melisa	10:00-10:45 AM Chair Yoga Sabrina	12:45-1:15 PM Strong & Steady Sabrina	12:30-1:00 PM Senior Strength Elle	
5:30-6:30 PM Body Blast Dr. Andrea	5:30-6:30 PM BootCamp Crystal	12:30-1:00 PM Senior Strength Elle	4:30-5:15 PM FIT Melisa		Drop-in classes are \$5.00 per person per class or \$45.00 for a 10-day punch card for ALL classes.
5:30-6:15 PM Yoga Basics Andrea W.	6:00-6:45 PM Weight Loss Solutions (Program registration required)	4:30-5:15 PM Core & More Abby	5:15-5:45 PM Balanced Body Megan		
NEW! 6:30-7:15 PM Restorative Yoga Andrea W.	6:45-7:30 PM Burn & Build Logan	5:30-6:30 PM Body Blast Dr. Andrea	5:30-6:30 PM BootCamp Crystal		
		5:30-6:15 PM Yoga Basics Heather	6:00-6:45 PM Weight Loss Solutions (Program registration required)		

785-623-5900

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: December 23, 2024



AQUATICS

January 6 – March 29, 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 AM AQUAFLOAT BEGINNING Christine <i>Sign up Required</i>	9:00-9:45 AM Ai Chi Jessica	10:00-10:45 AM Water Aerobics Kelly	9:00-9:45 AM Ai Chi Jessica	10:00-10:45 AM Water Aerobics Kelly	9:30-10:30 AM Water Aerobics Instructor varies
9:15-9:45 AM Aqua Yoga Rhonda	10:00-10:45 AM Water Aerobics Sabrina	1:30-2:00 PM Arthritis Fitness Kristen	10:00-10:45 AM Water Aerobics Christine	1:30-2:00 PM Arthritis Fitness Kelly	
10:00-10:45 AM Water Aerobics Christine	1:30-2:00 PM Arthritis Fitness Heather	5:30-6:20 PM Water Aerobics Shannon	1:30-2:00 PM Arthritis Fitness Derek		
1:30-2:00 PM Arthritis Fitness Kelly	6:00-6:50 PM Water Fusioin Kelly				
5:30-6:20 PM Water Aerobics Kristen					

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: December 23, 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!

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.

Burn & Build - This dynamic workout combines intense calorie burning intervals with strength building exercises to help you achieve peak performance. If you're looking to shed pounds, build muscle or just improve overall fitness, Burn & Build is for

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!

Lunch Crunch - A 30-minute full body workout designed to fit perfectly into your lunch hour!

Mobility & Stretch - A fitness session designed to improve your flexibility and range of motion by combining static and dynamic stretching techniques with mobility exercises; this class is suitable for all levels and aims to enhance overall body awareness and reduce tension.

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

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

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.

Restorative Yoga - A nourishing practice that aims to relax, rejuvenate, and rest the body, mind, and spirit. This class is a restful practice that encourages you to slow down and open your body through passive stretching. Restorative yoga is suitable for all levels and uses props like yoga blocks, blankets, and bolsters to get the body into a relaxed state.

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.

Senior Strength - A full body strength class utilizing various strength equipment, designed specifically for our senior members.

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 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.

Updated 12/23/24

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.

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.

Updated 12/23/24