

AQUATICS

March 31 – May 31, 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 Sam	5:30-6:20 PM Water Aerobics Shannon	1:30-2:00 PM Arthritis Fitness Kristen		
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: March 31, 2025

785-623-5900

