

GROUP FITNESS

June 2 – August 30, 2025



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

Monday

NEW! 5:30-6:00 AM Mobility & Stretch Elle
6:00-6:45 AM Circuit Training Alaina
9:00-10:00 AM Strength & Stretch Sam
9:15-10:00 AM Core & More JoDee
NEW! 12:00-12:30 PM Balanced Body Elle
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.
6:30-7:15 PM Restorative Yoga Andrea W.

Tuesday

NEW! 6:10-6:45 AM Xpress Toning Crystal
8:15-9:00 AM Yoga Basics Rhonda
8:15-9:15AM S ² (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
9:00-10:00 AM BootCamp JoDee
9:00-9:45 AM Strength & Stretch Heather
10:00-10:45 AM Chair Yoga Sabrina
NEW! 12:00-12:30 PM Senior Strength Elle
NEW! 4:30-5:15 PM Circuit Training Abby
4:45-5:15 PM Mobility & Stretch Elle
5:30-6:30 PM Body Blast Dr. Andrea
5:30-6:15 PM Yoga Basics Heather

Thursday

5:30-6:15 AM Core & More Logan
8:15-9:00 AM Yoga Basics Rhonda
8:15-9:15 AM Power Up Sweat Fest Bri/Alaina
9:15-10:00 AM Pilates Christine
NEW! 12:00-12:30 PM Balanced Body Elle
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 Tamra
NEW! 8:15-9:00 AM EmpowerBarre Jaycee
9:00-10:00 AM Circuit Training JoDee
9:00-9:45 AM Strength & Stretch Sabrina
NEW! 12:00-12:30PM Senior Strength Elle
NEW! 12:30-1:00 PM Lunch Crunch Heather

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: June 2, 2025

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