

AQUATICS

June 2 – August 30, 2025



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

Monday

8:30-9:15 AM
AQUAFLOAT
BEGINNING
Christine
Sign up Required

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
Sam

Tuesday

9:00-9:50 AM
Ai Chi
Jessica

*Therapy Pool NOT
available during Ai Chi*

10:00-10:50 AM
Water Aerobics
Sabrina

1:30-2:00 PM
Arthritis Fitness
Sam

6:00-6:50 PM
Water Fusioin
Kelly

Wednesday

10:00-10:50 AM
Water Aerobics
Kelly

1:30-2:00 PM
Arthritis Fitness
Heather

Thursday

9:00-9:50 AM
Ai Chi
Jessica

*Therapy Pool NOT
available during Ai Chi*

10:00-10:50 AM
Water Aerobics
Christine

1:30-2:00 PM
Arthritis Fitness
Aubrey

Friday

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:

www.haysmed.com/the-center/

Schedule updated: June 2, 2025

785-623-5900

