

TAKE THE FIRST STEP



Your Journey Starts Here...

September 2025 Membership Special



Sign up. Show up. Goal up

Sign up anytime in September and start your fitness journey with a \$10 Health Enrollment Fee.

Monthly dues still apply.

Show up and take advantage of group fitness and aquatic classes

Goal up using the NEW Fit-X App (AI tailored training)

- Self-directed: Fitness staff will assist with the initial set up and tailor it just for you
- Motivational: Daily check-ins and progress reviews to keep you motivated and on track

For more information:

785-623-5900

haysmed.com/the-center
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certified medical fitness facility

785-623-5900

