

GROUP FITNESS

November 17 – January 3, 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:00 AM Mobility & Stretch Elle	6:10-6:45 Xpress Toning Crystal	5:30-6:15 AM Spinning Steph <i>Sign-up required</i>	5:30-6:15 AM Core & More Logan	5:10-6:00 AM Row-Spin-Strength Tamra	NEW 8:00-9:00 AM Saturday Sculpt Jaycee <i>**ONLY Held**</i> Nov 15 Dec 13
6:00-6:45 AM Circuit Training Aaina	8:15-9:00 AM Yoga Basics Rhonda	NEW 6:00-6:45 AM Yoga Stretch Emma <i>*Beginning Nov 19th</i>	8:15-9:00 AM Yoga Basics Rhonda	8:15-9:00 AM EmpowerBarre Jaycee	9:00-10:00 AM Saturday Class Instructor Varies
8:15-9:00 AM Empower Core Jaycee	NEW 8:15-9:15 AM Strictly Strength <i>Workout provided at Wellness Desk</i>	9:00-10:00 AM BootCamp JoDee	8:15-9:15 AM S ² (Spinning & Sculpting) Aaina	9:00-10:00 AM Circuit Training JoDee	*Pre-Post Natal classes available* Call the Front Desk at 785-623-5900 to schedule.
9:00-10:00 AM Strength & Stretch Sam	12:45-1:15 PM Strong & Steady Sam	9:00-9:45 AM Strength & Stretch Heather	9:15-10:00 AM Pilates Christine	9:00-9:45 AM Strength & Stretch Sabrina	
12:00-12:30 PM Balanced Body Sabrina	4:30-5:15 PM FIT Melisa	10:00-10:45 AM Chair Yoga Sabrina	12:00-12:30 PM Balanced Body Elle	11:30-12:00 PM Lunch Crunch Heather	
4:30-5:15 PM FIT Melisa	5:30-6:30 PM BootCamp Crystal	12:45-1:15 PM Senior Strength Elle	12:45-1:15 PM Strong & Steady Sabrina	12:00-12:30 PM Senior Strength Heather	
5:30-6:30 PM Body Blast Dr. Andrea	6:00-6:45 PM Weight Loss Solutions (Program registration required)	5:30-6:30 PM Body Blast Dr. Andrea	4:30-5:15 PM FIT Melisa		
5:30-6:15 PM Yoga Basics Andrea W.		5:30-6:15 PM Yoga Basics Heather	5:30-6:30 PM BootCamp Crystal		
			6:00-6:45 PM Weight Loss Solutions (Program registration required)		

Class Location Key

Gymnasium

Group Fitness Studio

Spinning Studio

CHI Members are FREE

Non-Member Fees:

Drop-in classes are \$5.00 per person per class or \$45.00 for a 10-day punch card for ALL classes.

785-623-5900