

Aquatics Class Schedule

January 3 – March 26, 2026

Register at ourclublogin.com/510682 or call 785-623-5900



Monday

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

9:20-9:50 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 Fusion
Kelly

Wednesday

10:00-10:50 AM
Water Aerobics
Kelly

1:30-2:00 PM
Arthritis Fitness
Heather

5:30-6:20 PM
Water Aerobics
Shannon

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

Pre-Post Natal classes available.
Call the front desk at 785-623-5900 to schedule.

CHI Members are FREE

Non-Member Fee: Drop-in classes are \$5 per person per class or \$45 for a 10-day punch card for **all** classes.

Updates: Schedule is subject to change. Please visit our mobile app or haysmed.com/the-center.

Schedule updated 1/3/26

Reminder: Must register for AquaFloat Beginning classes (these classes are limited to 5 participants per class).