

# Aquatics Class Schedule

January 3 – March 26, 2026

Register at [ourclublogin.com/510682](http://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](http://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).