

Group Fitness Class Schedule

January 3 – March 26, 2026

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



Monday

5:30-6:00 AM
Mobility & Stretch
Elle

6:00-6:45 AM
Circuit Training
Alaina

NEW
8:15-9:00 AM
Upper Body & Core
Jaycee

9:00-10:00 AM
Strength & Stretch
Sam

12:00-12:30 PM
Balanced Body
Sabrina

4:30-5:15 PM
FIT
Melisa

5:30-6:30 PM
Body Blast
Dr Andrea

5:30-6:15 PM
Yoga Basics
Andrea W.

Tuesday

6:10-6:45 AM
Xpress Toning
Crystal

8:15-9:00 AM
Yoga Basics
Rhonda

NEW
8:15-9:15 AM
Power Up Sweat Fest
Bri

12:45-1:15 PM
Strong & Steady
Sam

4:30-5:15 PM
FIT
Melisa

5:30-6:30 PM
BootCamp
Crystal

6:00-6:45 PM
Weight Loss Solutions
(Program registration required)

Wednesday

5:30-6:15 AM
Spinning
Steph
Sign-up required

6:00-6:50 AM
Yoga Stretch
Emma

9:00-10:00 AM
BootCamp
Jodee/Sabrina

9:00-9:45 AM
Strength & Stretch
Heather

10:00-10:45 AM
Chair Yoga
Sabrina

5:30-6:30 PM
Body Blast
Dr Andrea

5:30-6:15 PM
Yoga Basics
Heather

Thursday

8:15-9:00 AM
Yoga Basics
Rhonda

8:15-9:15 AM
S²
(Spinning & Sculpting)
Alaina

9:15-10:00 AM
Pilates
Christine

NEW
12:00-12:45 PM
Strength & Balance
Elle

12:45-1:15 PM
Strong & Steady
Sabrina

4:30-5:15 PM
FIT
Melisa

5:30-6:30 PM
BootCamp
Crystal

6:00-6:45 PM
Weight Loss Solutions
(Program registration required)

Friday

5:10-6:00 AM
Row-Spin-Strength
Tamra

NEW
8:15-9:00 AM
Empower Barre
Jaycee

9:00-10:00 AM
Circuit Training
Jodee

9:00-9:45 AM
Strength & Stretch
Sabrina

11:30-12:00 PM
Lunch Crunch
Heather

12:00-12:30 PM
Senior Strength
Heather

Saturday

9:00-10:00 AM
Saturday Class
Instructor Varies

Class Location Key

Gymnasium

Group Fitness Studio

Spinning Studio

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

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*).

Group Fitness Classes

Body Blast - This class combines strength, HIIT (high intensity interval training) and cardio exercises into fun activities for a full-body workout guaranteed to burn fat and sculpt muscle.

BootCamp - A fast paced high intensity class. Boot Camp will be a mix of body weight exercises with interval and strength training. It will push you every time.

Chair Yoga - Designed for the beginning exerciser. All exercises can be done in a chair or with a chair assist and do not require the participant to get on and off of the floor. The practice also includes techniques in breathing and relaxation. Benefits of this form of Yoga include joint mobility, lowering heart rate and blood pressure and promotion of healing.

Circuit Training - You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of exercise stations to work different muscle groups. Each week will be a new challenge, but always great for any fitness level.

EmpowerBarre - Build strength and endurance through low-impact, controlled movement using the barre, props, and joint-friendly strength work.

F.I.T. (Functional Interval Training) - This class will burn calories and fat, and tone up those muscles utilizing a variety of equipment to get results. A different format for each class, so it's always something new!

Lunch Crunch - A 30-minute full body workout designed to fit perfectly into your lunch hour!

Mobility & Stretch - A fitness session designed to improve your flexibility and range of motion by combining static and dynamic stretching techniques with mobility exercises; this class is suitable for all levels and aims to enhance overall body awareness and reduce tension.

Pilates - A fitness format that focuses on the muscles of the core (abs, back, hips) done primarily on a mat on the floor with various props. This class will focus on flexibility, stretching, and strength and will incorporate deep breathing and guided relaxation exercises.

Power Up Sweat Fest - A full body strength class designed to increase muscular strength through resistance training.

Pre/Post Natal Fitness - This is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post partum, to develop stamina and strength for labor and delivery and to restore muscle tone after the baby is born.

Row-Spin-Strength - Interval circuit style class with an emphasis on endurance training with strength circuits inter-mixed to keep things interesting while increasing power output.

S² - A combination of *Spinning* and *Sculpting* different areas of the body.

Senior Strength - A full body strength class utilizing various strength equipment, designed specifically for our senior members.

Spinning - Group exercise on a stationary bike. This class offers strength, interval, and aerobic rides. Perfect for all fitness levels as you "ride your own ride." Bring a water bottle and towel and arrive 5 minutes early for your first class so that the instructor can assist with setting up your bike specifically for your needs.

Strength & Balance - Chair assisted exercise class consisting of upper and lower body exercises to improve balance, posture, and mobility. No equipment or weights needed!

Strength & Stretch - A full-body, low impact group fitness class that incorporates simple equipment and bodyweight exercises to improve flexibility, strength, and cardiovascular fitness.

Strong & Steady - This class will incorporate strength, agility, balance, and coordination exercises used to help individuals reduce their risk of falls. Equipment may include chairs, thera-bands, light dumbbells, and bender balls.

Upper Body & Core - A focused core and upper-body strength class using weights, props, and intentional movement—ending with a grounding moment to prepare you for the week.

Weight Loss Solutions (Program Participants only) - A physician referred weight loss program. For more information contact Stephanie Howie.

Xpress Toning - This class is for all fitness levels designed to build strength and burn calories in a limited time frame using a variety of weights, bodyweight, and resistance bands.

Yoga Basics - New to yoga and want to stick to the basics? This class offers an introduction to the basics of Hatha yoga. Fundamental postures, breathwork, and relaxation techniques are introduced. Expect a slow pace and detailed instructions. Great for beginners or those who prefer a gently yoga class.

Yoga Stretch - This class provides a calm and relaxing start to your day and focus on longer holds and total-body stretches.

updated: January 3, 2026

Aquatic Classes

Ai Chi - Is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing continual patterns.

Aqua Yoga - Yoga held in the warm water therapy pool where participants can experience the effects of gravity elimination in order to experience relaxation and increased range of motion.

Aqua Float Beginning - Is performed on a Stand up board in the lap pool. The board and water create new challenges to exercise differently than on land. The motion of the board on the water causes your body to constantly balance and stabilize, effectively improving both. A great challenge for all fitness levels.

Arthritis Fitness - An aquatic class consisting of over 68 separate exercises that enable participants to improve and maintain joint flexibility, thereby enhancing ones abilities to perform daily tasks, increase independence and improve overall sense of well-being.

Pre/Post Natal Fitness - This is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post partum, to develop stamina and strength for labor and delivery and to restore muscle tone after the baby is born.

Water Aerobics - This class is held in the shallow end of our lap pool and our instructors make sure to give modifications so members of all fitness levels get a great workout.

Water Fusion - Not your traditional water aerobics class. This class will include a variety of equipment and utilizing all depths of pool.

updated: January 3, 2026