

Group Fitness Class Schedule

March 30 – May 31, 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:30-6:00 AM Mobility & Stretch Elle</p>	<p>6:10-6:45 AM Xpress Toning Crystal</p>	<p>5:30-6:15 AM Spinning Steph <i>Sign-up required</i></p>	<p>8:15-9:00 AM Yoga Basics Rhonda</p>	<p>5:10-6:00 AM Row-Spin-Strength Tamra</p>	<p>9:00-10:00 AM Saturday Class Instructor Varies</p>
<p>6:00-6:45 AM Circuit Training Alaina</p>	<p>8:15-9:00 AM Yoga Basics Rhonda</p>	<p>6:00-6:50 AM Yoga Stretch Emma</p>	<p>8:15-9:15 AM S² (Spinning & Sculpting) Alaina</p>	<p>8:15-9:00 AM Empower Barre Jaycee</p>	
<p>8:15-9:00 AM Upper Body & Core Jaycee</p>	<p>8:15-9:15 AM Power Up Sweat Fest Bri</p>	<p>9:00-10:00 AM BootCamp Jodee/Sabrina</p>	<p>9:15-10:00 AM Pilates Christine</p>	<p>9:00-10:00 AM Circuit Training Jodee</p>	
<p>9:00-9:45 AM Strength & Stretch Sam</p>	<p>12:45-1:15 PM Strong & Steady Sam</p>	<p>9:00-9:45 AM Strength & Stretch Heather</p>	<p>12:00-12:45 PM Strength & Balance Elle</p>	<p>9:00-9:45 AM Strength & Stretch Sabrina</p>	
<p>12:00-12:30 PM Balanced Body Sabrina</p>	<p>4:30-5:15 PM FIT Melisa</p>	<p>10:00-10:45 AM Chair Yoga Sabrina</p>	<p>12:45-1:15 PM Strong & Steady Sabrina</p>	<p>11:30-12:00 PM Lunch Crunch Heather</p>	
<p>4:30-5:15 PM FIT Melisa</p>	<p>5:30-6:30 PM BootCamp Crystal</p>	<p>5:30-6:30 PM Body Blast Dr Andrea</p>	<p>4:30-5:15 PM FIT Melisa</p>	<p>12:00-12:30PM Senior Strength Heather</p>	
<p>5:30-6:30 PM Body Blast Dr Andrea</p>	<p>6:00-6:45 PM Weight Loss Solutions (Program registration required)</p>	<p>5:30-6:15 PM Yoga Basics Heather</p>	<p>5:30-6:30 PM BootCamp Crystal</p>		
<p>5:30-6:15 PM Yoga Basics Andrea W.</p>			<p>6:00-6:45 PM Weight Loss Solutions (Program registration required)</p>		

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 3/30/26