

Group Fitness Class Schedule

August 17, 2026 – January 2, 2027

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



Monday

5:30-6:15 AM
Mobility & Stretch
Aubrey **NEW**

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

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

4:30-5:15 PM
FIT
Melisa

4:30-5:00 PM
Mobility & Stretch
Elle **NEW**

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

Tuesday

6:10-6:45 AM
Xpress Toning
Crystal

8:15-9:00 AM
Yoga Basics
Rhonda

9:15-10:00 AM
Barre
Jaycee **NEW**

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

4:30-5:00 PM
Mobility & Stretch
Elle

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

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

12:00-12:30 PM
Strength & Balance
Elle

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

9:00-10:00 AM
Circuit Training
Jodee

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 8/17/26

Temporary Aquatics Class Schedule

August 17, 2026 until pool re-opens

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



The water is gone, but the workout goes on!
Join us for Prune-Free workouts until the pool is sparkling again.

Monday	Tuesday	Wednesday	Thursday	Friday	Class Location Key
10:00-10:45 AM Fish out of Water Aerobics Christine	1:30-2:00 PM Grounded Arthritis Fitness Sam	10:00-10:45 AM Fish out of Water Aerobics Kelly	10:00-10:45 AM Fish out of Water Aerobics Christine	10:00-10:45 AM Fish out of Water Aerobics Kelly	Gymnasium
1:30-2:00 PM Grounded Arthritis Fitness Kelly			1:30-2:00 PM Grounded Arthritis Fitness Aubrey	1:30-2:00 PM Grounded Arthritis Fitness Kelly	Group Fitness Studio



Class Descriptions:

Fish out of Water Aerobics: A full-body, low impact class that incorporates simple equipment and bodyweight exercises to improve mobility, flexibility and strength

Grounded Arthritis Fitness: A full-body class consisting of movements that will help to maintain and improve joint flexibility and mobility. All exercises can be done in a chair or with a chair for assistance.

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

Schedule updated 5/18/26

Pre-Post Natal classes available.

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Group Fitness Classes

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

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

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.

Barre - 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!

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.

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.

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: August 14, 2026