

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