

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.

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 5/18/26

Pre-Post Natal classes available.

Call the front desk at 785-623-5900 to schedule.