

# AQUATICS

January 1 - March 30, 2019

MONDAY
9-10 AM Aqua Yoga Rhonda
10:00-10:50 AM Water Aerobics Kelly
1:30-2:00 PM Arthritis Fitness Kelly
5:30-6:20 PM Water Aerobics Alicia

TUESDAY
9:00-9:50 AM Ai Chi
9-9:45 AM Pre & Post Natal Tamra
10-11 AM Water Aerobics Alicia
1:30-2:00 PM Arthritis Fitness Sam
5:30-6:20 PM Water Aerobics Sam R
6:30-7:00 PM Arthritis Fitness Sam R

WEDNESDAY
10:00-10:50 AM Water Aerobics Kelly
1:30-2:00 PM Arthritis Fitness Kelly
5:30-6:20 PM Water Aerobics Hollis

THURSDAY
9:00-9:50 AM Ai Chi
10:00-10:50 AM Water Aerobics Christine
12-12:45PM Pre & Post Natal Tamra
1:30-2:00 PM Arthritis Fitness Sam
5:30-6:20 PM Water Aerobics Hollis
6:30-7:00 PM Arthritis Fitness Hollis

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



**Drop in to ANY class and pay \$4 per person per class or purchase a 10 class punch card for \$38.**

Schedule is subject to change.  
For schedule updates and changes please visit our web site:  
[www.haysmed.com/the-center/](http://www.haysmed.com/the-center/)  
785-623-5900 Schedule updated: January 1, 2019