

# GROUP FITNESS

January 1 - March 30, 2019

Monday
5:10-6:00 AM FIT Theresa
8:00-8:50 AM All Levels Yoga Gail
9-10 AM Row, Spin, Strength Chelsea
9:00-9:50 AM Strength & Stretch Sam
12:05-12:45 PM Strictly Strength Chelsea
12:05-12:50 PM Gentle Yoga Gail
4:35-5:15 PM FIT Melisa
5:30-6:20 PM ZUMBA Carmen
5:30-6:20 PM PiYo Lisa
6:30-7:30 PM High Intensity Lo Impact & Toning Carol

Tuesday
5:10-6:00 AM Pilates Concepts - Jan. Pilates / Core - Feb-March Melissa
<b>NEW</b> 8:15-9:00 AM Power Hour Alaina
8:15-9:05 AM Yoga Basics Rhonda
9:15-10:00 AM Barre Connect Bri
12:05-12:45 PM Sculpting/Core Alaina
12:50-1:15 PM Strong & Steady Kelly
4:35-5:15 PM FIT Melisa
5:30-6:20 PM Boot Camp Melisa

Wednesday
5:10-6:00 AM HIIT Bri
5:30-6:20 AM Spinning Steph <i>*Sign-up required</i>
5:30-6:20 AM Gentle Yoga Gail
8:15-9:00 AM Row, Spin, Strength Chelsea
8:00-8:50 AM All Levels Yoga Gail
9:00-10:00 AM Boot Camp JoDee
9:00-9:50 AM Strength & Stretch Sam R
10:00-10:45 AM Restorative Yoga Gail
12:05-12:45 PM Strictly Strength Chelsea
12:05-12:50 PM Gentle Yoga Gail
4:35-5:15 PM FIT Melisa
5:30-6:20 PM Muscle Maxx Lisa
6:30-7:30 PM Full Body Intensity Training Carol

Thursday
<b>NEW</b> 5:10-6:00 AM Variety Class-Gym Barre Connect-Studio Melissa/Bri
8:15-9:05 AM Yoga Basics Rhonda
<b>NEW</b> 8:15-9:00 AM Sculpting/Core Alaina
<b>NEW</b> 9:15-10:00 AM Barre Connect Bri
12:05-12:45 PM FIT Alaina
12:50-1:15 PM Strong & Steady Sam
4:35-5:15 PM FIT Melisa
5:30-6:20 PM HIIT Bri

Friday
5:15-6:05 AM Spinning /HIIT Chelsea
9:00-10:00 AM Boot Camp JoDee
9:00-9:50 AM Strength & Stretch Chelsea
12:00-12:45 PM HIIT Melisa

Saturday
8:00-9:00 AM Specialty Classes Check web site for schedule
9:00-10:00 AM Saturday Class Instructor Varies

Class Location Key
Gymnasium
Group Fitness Studio
Spinning Studio



**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