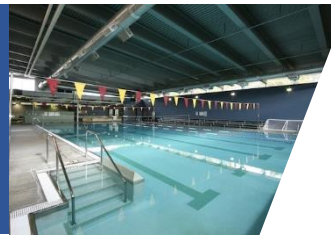


AQUATICS

July 1 – August 31, 2024



Register at: www.ourclublogin.com/510682 | Call 785-623-5900

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 AM AQUAFLOAT BEGINNING Christine <i>Sign up Required</i>	9:00-9:45 AM Ai Chi <i>No Instructor</i>	5:10-6:05AM AquaFloat Circuit Melissa	9:00-9:45 AM Ai Chi <i>No Instructor</i>	6:00-6:45 AM Fluid Moves Kirsten **Held only July 12 Aug 9	9:30-10:30 AM Water Aerobics Instructor varies
9:15-9:45 AM Aqua Yoga Rhonda	10:00-10:45 AM Water Aerobics Kallyn	10:00-10:45 AM Water Aerobics Kelly	10:00-10:45 AM Water Aerobics Christine	10:00-10:45 AM Water Aerobics Kelly	
10:00-10:45 AM Water Aerobics Christine	1:30-2:00 PM Arthritis Fitness Sam	1:30-2:00 PM Arthritis Fitness Heather	1:30-2:00 PM Arthritis Fitness <i>No Instructor</i>	1:30-2:00 PM Arthritis Fitness Kelly	
1:30-2:00 PM Arthritis Fitness Kelly	6:00-6:50PM Water Fusion Kelly				
5:30-6:20 PM Water Aerobics Sam					

Class Location Key
Therapy Pool
Lap Pool
AquaFloat

MUST REGISTER for AQUAFLOAT beginning classes!
 These classes are limited to 5 participants per class.

Pre-Post Natal classes available
 Call the Front Desk at 785-623-5900 to schedule.

Drop-in classes are \$5.00 per person per class or \$45.00 for a 10-day punch card for ALL classes.

Schedule is subject to change. For schedule updates and changes please visit our mobile app or web site: www.haysmed.com/the-center/
 Schedule updated: July 1, 2024

785-623-5900

