

# GROUP FITNESS

November 4 – January 4, 2024



Register at: [www.ourclublogin.com/510682](http://www.ourclublogin.com/510682) | Call 785-623-5900

Monday
6:00-6:45 AM Circuit Training Alaina
9:00-10:00 AM Strength & Stretch Sam/Kirsten
9:15-10:00 AM Core & More JoDee
2:30-3:00 PM Balanced Body Megan
4:30-5:15 PM FIT Melisa
5:30-6:30 PM Body Blast Dr. Andrea
5:30-6:15 PM Yoga Basics Andrea W.

Tuesday
5:10-6:00 AM Pilates-Yoga Combo Melissa
8:15-9:00 AM Yoga Basics Rhonda
8:15-9:15 AM S <sup>2</sup> (Spinning & Sculpting) Bri
12:45-1:15 PM Strong & Steady Sam/Kristen
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)
6:45-7:30PM Burn & Build Logan

Wednesday
5:30-6:15 AM Spinning Steph <i>Sign-up required</i>
6:00-6:50 AM Circuit Training Chelsea
9:00-10:00 AM BootCamp JoDee
9:00-9:45 AM Strength & Stretch Darian
10:00-10:45 AM Chair Yoga Darian/Sabrina
12:30-1:00 PM Senior Strength Elle & Laurel
4:30-5:15 PM Core & More Abby
5:30-6:30 PM Body Blast Dr. Andrea
5:30-6:15 PM Yoga Basics Andrea W.

Thursday
5:10-5:55 AM Variety Class Melissa & Bri
8:15-9:00 AM Yoga Basics Rhonda
<b>NEW!</b> 8:15-9:15 AM Power Up Sweat Fest Bri
9:15-10:00 AM Pilates Christine
12:45-1:15 PM Strong & Steady Sabrina
4:30-5:15 PM FIT Melisa
<b>NEW CLASS TIME!</b> 5:15-5:45 PM Balanced Body Megan
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 & Melissa
9:00-10:00 AM Circuit Training JoDee
9:00-9:45 AM Strength & Stretch Sabrina
12:00-12:45 PM Lunch Crunch Abby
12:30-1:00 PM Senior Strength Elle & Laurel

Saturday
9:00-10:00 AM Saturday Class Instructor Varies

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

Class Location Key
Gymnasium
Group Fitness Studio
Spinning Studio

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

785-623-5900

Schedule is subject to change. For schedule updates and changes please visit our mobile app or web site: [www.haysmed.com/the-center/](http://www.haysmed.com/the-center/)  
Schedule updated: October 28, 2024

