



HRC FITNESS MARCH GROUP CLASSES

Group Fitness Drop-In

*\$2 per Class or
12 punches for \$20*

(785) 623 - 2658

*Members Unlimited Classes for \$15.00
Non-Members Unlimited Classes for \$25.00*

*Sr. Classes (55 & Over)
\$1 per Class or
11 punches for \$10*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	STRENGTH CIRCUITS Studio 1 (Sabrina)		STRENGTH CIRCUITS Studio 1 (Sabrina)	WARM H.I.I.T. Studio 1 (Kimi or Kristen)	**WARM SPIN (10 bikes) (Studio 2) (Kristen)
5:15am		**SPIN & STRENGTH Studio 1/2 (Kristen)		**SPIN & STRENGTH Studio 1/2 (Karla)	
5:30am	STRETCH & STABILITY Studio 1 (Gail)		STRETCH & STABILITY Studio 1 (Gail)		METABOLIC CONDITIONING (Kristen or Karla)
5:45am					RUNNERS CLUB (Gail, Haley)
8:15am	FIT MIX Studio 1 (Haley)		FIT MIX Studio 1 (Haley)		FIT MIX Studio 1 (Haley)
12:15pm	YOGA EXPRESS Studio 2 (Gail)	BODY BLAST Studio 1 (Haley)	YOGA EXPRESS Studio 2 (Gail)	BODY BLAST Studio 1 (Haley)	
1:00pm	AGED FOR ACTION Studio 1 (Sabrina)	AGED FOR ACTION Studio 1 (Dave)	TAI CHI Studio 1 (Gail)	AGED FOR ACTION Studio 1 (Dave)	
4:00PM			**SPIN (10 bikes) (Kristen)		
4:30PM	**SPIN (10 bikes) (Kimi)				
5:30pm	TOTAL BODY TRX Studio 1 (Kimi)	SLOW, STEADY, STRETCH YOGA Studio 1 (Kimi)	**SPIN & STRENGTH Studio 1 (Kimi)	SLOW, STEADY, STRETCH YOGA Studio 1 (Kimi)	TOTAL BODY BOSU Studio 1 (Laurie)
6:20pm	CORE Studio 1 (Karla)				
6:45pm		TOTAL BODY TRX Studio 2 (Kimi)		TOTAL BODY TRX Studio 2 (Kimi)	

****Limited Space, please call 785-623-2658 to reserve your spot**

****Aerial Yoga available by appointment**

Contact: Gail Wickham gail@haysrec.org

785-623-2650

FIT MIX -(45mins) This class is an ever-changing mix of strength and cardio exercises to keep your muscles guessing and minds from becoming bored. We keep it low impact, but expect to work!

YOGA EXPRESS- (30mins) Find your inner strength, power, balance, and flexibility. This Yoga practice will help transform your mind and body, helping you to find your inner calmness and peace. You will leave feeling stronger and more centered. Just breathe.....OM

BODY BLAST-(30mins) This is a mid-day, high impact, intense, total body workout. This class will push you the entire 30 minutes.

AGED FOR ACTION- (45mins) This class is designed for the 55 and older club. You will be lead through a variety of functional movements and stretches that will help you stay active. You will be both seated and up and moving. This class may also improve many health issues, such as improved blood sugar control, cardiovascular health and mobility.

3S YOGA- (45mins) Enjoy this traditional yoga class, held in a dim setting. This practice focuses on stretching, flexibility, balance, and opening of tight muscles to restore and rejuvenate the body. Let's relax and recover from life.....NAMASTE

TOTAL BODY TRX (45mins) Ever wondered what TRX (suspension) training is? We will be focusing on low-impact and body weight movements to improve form, strength, flexibility and your overall fitness level. This class welcomes EVERYONE from beginner to the more advanced.

TOTAL BODY BOSU(45mins) This workout will test every muscle in your body. Our instructor will lead you through a safe, total body strength workout. If you are wanting to get stronger but unsure of how to, this class is PERFECT for you.

SPIN & STRENGTH PM Edition(45mins) This upbeat fun class will torch those calories and jumpstart your metabolism. We will use a variety of implements, techniques and movement, including the SPIN bikes to get your body burnin' calories and feeling GREAT!!

NEW!! STRETCH & STABILITY-(45mins) This class will combine the two of the most important aspects of fitness, strength and stability. You will use various movements to improve both these areas. From yoga poses, to bodyweight, to a traditional stability ball. This class will increase strength, flexibility, power, coordination, endurance, and balance.

STRENGTH CIRCUITS(30min) The focus here is strength. Improving muscle tone, endurance, and strengthening. We will work every inch of your body to make you a lean, mean, fat burning machine. Think you can't get a good workout in 30 minutes??? Then I challenge you to try out this class.

WARM H.I.I.T.(30 min) Join HRC Fitness bright and early with a calorie killing workout, that will give you a fabulous start to your day. Not only will you have the energy to get through your day and you will be burning calories long after the class has ended.

**** SPIN & STRENGTH-AM Edition**(60mins) This class is coming at you FULL BLAST! This high intensity, interval, sweat session will start that metabolism up and keep it there ALL DAY. With a mix of strength and cardio bursts, using our spin bikes, you will definitely get a full body workout and have a blast while doing it. ****Limited spots available, please call ahead** 785-623-2658**

NEW!!! METABOLIC CONDITIONING-(60MINS) Do you want to continue burning calories long after class is over? Then this is a must for you. With the use of dumbbells, barbells, kettlebells, bosu, plyometrics, and body weight we will fire that metabolism up. Nothing is off limits in this class.

NEW! HOT YOGA(45mins)

Our yoga room is heated to allow for a deeper release and to avoid injury. The Hot Yoga class is recommended for everyone, from first day beginners to advanced students. The magic of this class is that everyone is practicing the same posture at different levels of ability, receiving the same benefits. There is an exact position for everyone at every level, which our trained instructors will help you find.

NEW!!!!SPIN-**(30mins) This class will spend all 30 minutes on our NEW Spinning Bikes. Our certified instructors will lead you through a safe, yet effective workout. Bring your water bottle to this one.

******limit 10 spots, please sign up in advance******

NEW!!!!WARM SPIN-** (30mins) This will burn calories and get you sweating like never before. Staying on the bike and the added increase in the temp of the room, will melt those unwanted calories right off your body. This class is intense!

******limit 10 spots, please sign up in advance******

Saturday Class Schedule

MARCH 2 @8AM Gail's Bootcamp

MARCH 9 @8:30AM Laurie/Bosu

MARCH 16 @8AM Karla/HIIT

MARCH 23 @10AM Sabrina/Strength

MARCH 30 @8AM Kristen/Warm Spin

(9 bikes, please call to reserve)**