



(785) 623 - 2658

# HRC FITNESS FEBRUARY GROUP CLASSES

*Group Fitness Drop-In*

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

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

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Size it DOWN Studio 1	(4:50am) Spin & Strength**/studio 2 Kettlebell Strength/studio 1	Size it DOWN Studio 1	Spin & Strength**/studio2 Kettlebell Strength/studio 1	Progression Studio 1	
5:30am	Grit Strength/Studio 1 Stability/Studio 2	(5:35m) S.W.E.A.T. Studio 1	Grit Strength/Studio 1 Stability/Studio 2	(5:35am) S.W.E.A.T. Studio 1	(5:35am) S.W.E.A.T. Studio 1	
6:00am					Hot Yoga Studio 2	
8:00am						NEW YEAR Bootcamp
8:15am	Fit Mix Studio 1		Fit Mix Studio 1		Step N' Pump Studio 1	
12:15pm	Yoga Chisel Studio 2	Body Blast Studio 1	Yoga Chisel Studio 2	Body Blast Studio 1		
1:00pm	Aged for Action Studio 1	Aged for Action Studio 1	Tai Chi Studio 2	Aged for Action Studio 1		
4:00pm	Spin & Strength** Studio 2		Spin & Strength** Studio 2			
5:30pm	Power Conditioning Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Cardio/Stability Conditioning Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Brute Force Studio 1	
5:45pm			Spin & Strength** Studio 2			
6:15pm						
6:30pm	HARDCore Studio 1					
6:45pm		Total Body TRX Studio 2	Foam Rolling Studio 2	Total Body TRX Studio 2		

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

**\*\*SATURDAY VARIETY CLASSES...GO TO HAYSREC.ORG TO SEE  
SCHEDULE\*\***

**\*\*FEBRUARY 14<sup>TH</sup>.....BRING A SIGNIFICANT OTHER/FRIEND TO  
ANY CLASS AND YOU BOTH WORKOUT FOR FREE.  
(1 PER HOUSEHOLD)**

**S.W.E.A.T** (60mins) Strength. Work. Energy. Agility. Transformation. This class is a mash-up of metabolic and endurance training with an emphasis on building strength, burning calories, and transforming your body with a variety of techniques.

**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!

**Step N' Pump** (45mins) A low-impact interval class that mixes step aerobics and strength training in one incredible workout.

**Yoga Chisel** (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.

**Power Conditioning** (45mins) Want a fast-paced, and challenging workout? Includes the use of hand weights, bands, and more! Bursts of plyometric and strength training components make this class a total body workout session!

**Cardio/Stability Conditioning** (45mins) This high energy class will get your heart pumping. Move, sweat, and have a BLAST with this energizing workout. Burn fat, increase energy, and sizzle up calories with agility, coordination, and balance drills! With loads of intensity options, this workout suits beginners to athletes in training.

**HARDCore** (30mins) This class will challenge you like you've never been challenged before. Both core strength and cardio strength will be the focus of this class. Get ready to see that six pack!

**3S Yoga** (60mins) 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.

**Brute Force** (60mins) 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.

**Foam Rolling** (30mins) Sore muscles? The focus here is myofascial release (aka foam rolling) which helps aid in getting rid of muscle tension. Through various movements with the roller, we will relax those tense muscles.

**\*\*\*\*Spin & Strength** (30-45mins) This interval class will incorporate spinning and also some interval work off the bikes. This is an intense, fast paced class. **\*\*PLEASE COME 5 MINUTES EARLY TO GET BIKE SET UP\*\***  
**\*\* 14 participants max, PLEASE SIGN UP IN ADVANCE by calling 785-623-2658\*\***

**NEW!! Grit Strength** (60mins) Be ready to work this high intensity session that incorporates, strength, conditioning, and core exercises in a fun, safe environment, and time effective manner. The focus of this class will be basic barbell and dumbbell movements and technique. We will advance to an all out effort blast that will push your limits, then we will finish up with a short core circuit. Everyone is welcome!

**NEW!! Hot Yoga** (30-40mins) Join us in an improved way to get the best out of yoga. The heat allows your muscles to relax and you can get a deeper stretch. Spend some time with us after the long week, you'll feel so much better.

**Tai Chi (30mins)** It's back! Originating in China, this was first used for self-defense. It also has many other benefits such as, improves balance, increases flexibility, reduces pain, and improves your quality of life. Find your energy!!

**NEW!! Kettlebell Strength** (30mins) This upbeat fun class will start your morning off right by torching those calories and jumpstarting your metabolism. Have you ever used a Kettlebell as your main source for strengthening? Here's your chance, join us.

**NEW!! Stability**(30mins) As we grow older many of us lose balance and stability that we once mastered. In addition, it is an ignored, but major part of an exercise routine. Come try this class and remaster balance while strengthening the body as well.

**NEW!! Size it DOWN** (30mins) This choreographed class will have you toned and ready for the summer. Back to the good ol' days of Jane Fonda, this 30 minute cardio blast will have you sweating 80's style.

**NEW!! Progression** (30mins) LEFT, RIGHT, LEFT....this military style, class will focus on functional bodyweight movements, such as, push-up, sit-up squats, and yes BURPEES. With consistency, we guarantee results.