



HRC FITNESS JULY 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	Size it DOWN Studio 1	(4:50am) Spin & Strength**/studio 2 (30mins)	Size it DOWN Studio 1	Spin & Strength**/studio2 (45-50mins)	Jump on IT Studio 1
		CHAOS/studio 1		CHAOS/studio 1	
5:15am					Spin & Sweat Studio 2 (60mins)
5:30am	Stability/Studio 2	SWEAT (5:35)	Stability/Studio 2	SWEAT (5:35)	
5:45am	AERIAL YOGA/STRETCH** Studio 1		AERIAL YOGA/STRETCH** Studio 1		
8:15am	Fit Mix Studio 1		Fit Mix Studio 1	Spin & Strength Studio 2 (8:30)	
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		Aged for Action Studio 1	
4:00pm		AERIAL YOGA/STRETCH** Studio 1			
5:30pm	TOTAL Body TRX Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Cardio/Stability Conditioning Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Friday Finisher Studio 1
5:45pm	Pound Studio 2				
6:30pm	HARDCore Studio 1				
6:45pm		Total Body TRX Studio 2		Total Body TRX Studio 2	

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

S.W.E.A.T (50-55mins) 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!

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.

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.

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.

Friday Finisher(60mins) This workout will test every muscle in your body. Our instructor will lead you though 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** (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****

CHAOS (30mins) This upbeat fun class will start your morning off right by torching those calories and jumpstarting your metabolism. We will use a variety of implements, techniques and movements to get your body burnin' calories and feeling GREAT!!

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. This 30 minute cardio blast will have you sweating 80's style.

NEW!! Jump On IT (30mins) Get your jump ropes out, and get ready. This high energy class will consist of jump rope, and strength intervals, to make sure you get the max out of this class. All fitness levels welcome!!!

NEW!!! POUND (30min) By popular demand, its baaackkkk! Join us, as we pound our way to a healthier body. Guaranteed to make you work, all while jammin' out to your favorite tunes and having fun. What more could you ask for? All fitness levels are welcome!

****NEW!!!! AERIAL YOGA/STRETCH** (45MIN) Strengthen, lengthen, and tone using a hammock as a prop. This popular form of yoga is gaining popularity all over the U.S. We are proud to offer it here in Hays Kansas. ****There is very limited space, you will NEED to call ahead and make sure you have a hammock reserved****