

HAYSVILLE ACTIVITY CENTER

FITNESS CLASS SCHEDULE

Class	Day(s)	Time	Room	Cost
Total Body HIIT (Beginner)	Monday & Thursday	6:15pm	HAC Studio A	\$25
Buns & Abs	Monday & Thursday	7:00pm	HAC Studio A	\$20
Total Body HIIT (Advanced)	Monday & Thursday	7:30pm	HAC Studio A	\$30
Yoga	Tuesday	5:00 pm OR 6:00pm	HAC Studio B	\$25
Total Body HIIT	Tuesday & Thursday	5:15am	HAC Gym & Studio A	\$20
Senior STEPS	Monday & Wednesday	9:00am	HAC Gymnasium	FREE/Members \$10/Non-Members

Schedule is Subject to Change.

Call Frank @ 529-5922 or email fcortez@haysville-ks.com for more information.

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PM Total Body HIIT (Beginner) 45min - Utilize various pieces of equipment including dumbbells, kettlebells, medicine balls, resistance bands and weighted bars to target all major muscle groups. Meant for toning, strengthening and burning those calories with the popular HIIT format. Designed for those beginning or restarting their fitness journey.

PM Total Body HIIT (Advanced) 1hr - Utilize various pieces of equipment including dumbbells, kettlebells, medicine balls, resistance bands and weighted bars to target all major muscle groups. Meant for toning, strengthening and burning those calories with the popular HIIT format. Can be modified based on individual fitness levels.

AM Total Body HIIT 30min - 30 minute class designed to burn calories and get the heart rate up quickly! Uses various pieces of equipment and your own body weight while using the popular HIIT format. Can be modified based on individual fitness levels.

Buns and Abs 30min - Work on those trouble areas with specific exercises meant to strengthen and tone your entire core as well as your glutes. The class will use various pieces of equipment and your own body weight.

Beginner Yoga 45min - Learn basic yoga poses, body positioning and alignment, proper breathing techniques while developing flexibility, stability and strength. Can be modified to more or less intense moves and poses based on fitness level.

Senior STEPS 1hr - This class helps improve the quality of life thus maintaining a more independent lifestyle for those 55 years and older. This class is safe for those limited by arthritis, fibromyalgia or a past injury.