

# HRC Wellness Center

## Fitness Classes



Check in and check out these full body fitness classes, involving both strength and cardio exercises, that will challenge you to reach your maximum potential.

Instructors will use body weight, small fitness equipment and dumbbells and structure the workouts to suit everyone regardless of their current fitness level.

All classes are FREE to Wellness Members or \$3.00 for non-members.

### Schedule:

“Breakfast Club”

Tue & Thur

5:15—6:00am

“FHIIT with Carley”

Mon & Wed

5:30—6:30pm

Instructor:

Carley Bahe

Train INSANE

Tue & Thur

7:00—8:00pm

Instructor: Gaby Contreras

For additional information contact:

620-277-2152

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