

Get Well Sooner Stay Well Longer

The Center for Health Improvement

**THE CENTER
for Health Improvement
2500 Canterbury Dr
Hays, KS 67601
(785) 623-5900**

The Center for Health Improvement

offers community members the opportunity to enhance their health status through a variety of programs and offerings. Whether you are new to the exercise regime, being discharged from the outpatient setting, or a top-level athlete The Center for Health Improvement can help you with a plan for lifelong wellness.

Hours of Operation

Monday – Thursday 5:00 a.m. – 10:00 p.m.
Friday 5:00 a.m. – 8:00 p.m.
Saturday 6:00 a.m. – 6:00 p.m.
Sunday 10:00 a.m. – 5:00 p.m.

Hours may be subject to change

Fitness Facility Features

- Heated six-lane 25 meter lap pool for swimming and group classes
- Warm water therapy pool for arthritis and physical therapy
- FitLinxx – computerized feedback for individual health tracking
- Cardiovascular training equipment
- Complete strength training equipment
- Free weight area
- Group exercise & multi-purpose classrooms
- 1/10th mile walking track
- Gymnasium for basketball and volleyball
- Full service locker rooms
- Play Center (6 months – 12 years)
- Juice bar, pro shop and member lounge
- Massage room
- Qualified and accredited staff

Clinical Areas

- CardioPulmonary Rehabilitation
- Hays Psychological Associates
- High Plains Sports Medicine
- Rehabilitation Services
- Sleep Disorders Center
- WorkSMART Occupational Health Services

Health Enrollment Fee Includes:

Orientation

- FitLinxx
- Facility and equipment orientations

Health Assessment

- Computerized health risk questionnaire
- Submaximal exercise test
- Body fat analysis
- Flexibility analysis
- Strength analysis
- Exercise prescription
- Height, weight & blood pressure measurements

Fitness Services

- Athletic development training
- Individualized health coaching
- Therapeutic massage
- Advanced land and water classes

Fitness Programs

- Pre & post-natal exercise
- Special population fitness
- Athletic development training
- Aerobics
- Aquatic classes

- Tai Chi
- Yoga
- Pilates
- Osteoporosis
- Senior programs
- Healthy cooking
- Individualized health coaching
- Spinning
- Wellness seminars

**Advanced classes are offered at an additional charge*

Guests are welcome

- Daily guest passes are available
- Play Center available for children 6 months to 12 years – call ahead for hours of operation and fees

Special Guest Program

Available for friends and family members of Hays Medical Center patients. Anyone interested in utilizing the Center for Health Improvement should see Admissions for special guest day passes

**Get Well Sooner
Stay Well Longer**