

# Program Activity Schedule

## Monday & Wednesday

Yoga video at the DPP Center, starting at 1 pm  
Mats are available



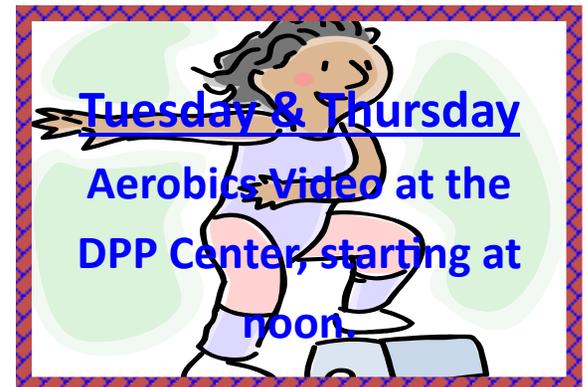
## Walking at Lunch

Monday, Wednesday & Friday @ Noon.  
Join in the fun at the DPP Center.  
Make sure to bring a water bottle, so you can stay hydrated.



## Tuesday & Thursday

Aerobics Video at the DPP Center, starting at noon.



## Tuesday & Thursday

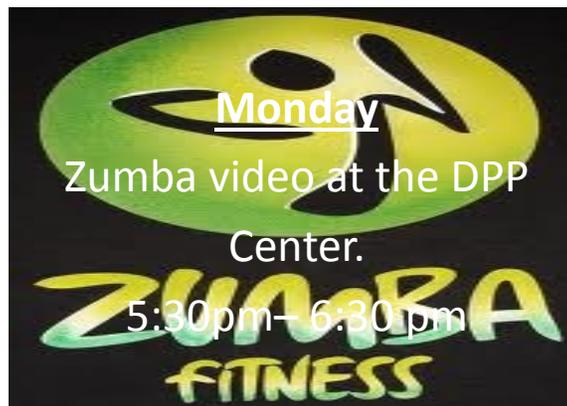
Chair Exercises at the Senior Center. Starting at 11:30 am.



## Monday

Zumba video at the DPP Center.

5:30pm – 6:30pm



## Eating & Cooking Healthy

3rd Wednesday of the Month. Limited seating, open to the first 10 people.  
Registration opens two weeks before class.



## Wednesday

Circuit Training with Lucas  
5:30pm-6:30pm  
DPP Center  
(Except every 3rd Wednesday of the month)



DPP Center is open Monday—Friday  
Monday & Wednesday 10:30am-6:30pm  
Tuesday, Thursday & Friday 9am-5pm

The Fitness Center has a variety of workout equipment; 2 elliptical, 2 stationary bikes, 2 tread mills, free weights and a universal machine.



Any Questions or further information please contact Lucas Holmes at 785-486-2260 or [lucas.holmes@ktik-nsn.gov](mailto:lucas.holmes@ktik-nsn.gov)

*\*Please note the DPP times and classes listed above start July 1st, with the exception of the Senior and B&G Club\**