

Group Exercise

Southern Pines – November 2024

All indoor classes have a maximum of 16 participants



Monday

7:00am - 7:30am	TRX - Advanced (\$6)
8:00am-8:30am	Pulmonary Rehab
8:30am - 9:30am	Hatha Yoga
9:00am-9:45am	Aqua Blast
10:00am - 10:30am	Cardio Express
10:30am – 11:00am	Flex Class (\$6)
10:30am-11:15am	Gentle Aqua Aerobics
11:00am-11:30am	Pulmonary Rehab
5:30pm-6:15pm	Cardio & Tone

Tuesday

7:00am- 7:45 am	Sunrise Cycling
8:00am - 8:45am	Muscle Conditioning
9:00am – 10:00am	Meditative Yoga
9:00am – 10:00am	Aqua Pilates/Yoga
11:00am-11:30am	Pulmonary Rehab
11:30am - 12:00pm	Exercise is Medicine Chair Assisted Yoga
5:30pm-6:15pm	Cycle

Wednesday

7:00am – 7:30am	TRX – Core- Advanced (\$6)
8:00am-8:30am	Pulmonary Rehab
9:00am-9:45am	Aqua Blast
9:30am-10:00am	Abs & Gluts
10:00am - 10:30am	Step Express
10:30am – 11:00am	Flex Class (\$6)
10:30am-11:15am	Gentle Aqua Aerobics
11:00am-11:30am	Pulmonary Rehab
12:00pm- 12:30pm	TRX- Core (\$6)
12:30pm-1:00pm	Fall Training (\$50/\$70) -New Class
5:30pm - 6:15pm	Hatha Yoga Foundations

****Thursday & Friday schedule is on the back****

Thursday

Center Closed 11/28- Happy Thanksgiving

8:00am - 8:45am	Total Body Conditioning
9:00am – 10:00am	Meditative Yoga
10:00am-10:30am	Pulmonary Rehab
11:00am-11:30am	Pulmonary Rehab
11:30am-12:15pm	EIM Beginner Cardio & Tone - New Class
5:30pm-6:15pm	Total Body Conditioning

Friday

No Group Exercise Classes 11/29- Center open 6am-1pm

7:00am - 7:30am	TRX- Advanced (\$6)
8:00am-8:30am	Pulmonary Rehab
8:30am-9:30am	Beginner Yoga & Pilates
9:00am-9:45am	Aqua Blast
10:00am-10:45am	Cardio Barre
10:30am-11:15am	Gentle Aqua Aerobics
11:00am-11:30am	Pulmonary Rehab
11:30am-12:00pm	TRX – Intermediate (\$6)

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