



FirstHealth Fitness – Raeford November 2024

Monday	9:30 am	Total Body Conditioning
	10:45 am	Exercise is Medicine (EIM)
	12:30 pm	Mindful Stretching
	5:30 pm	Cardio Burn
Tuesday	9:30 am	Box to the Beat
	10:45 am	Aqua Fit
	5:30 pm	Indoor Cycling
Wednesday	9:30 am	High Intensity Interval Training (HIIT)
	10:45 am	Exercise is Medicine (EIM)
	12:30 pm	Mindful Stretching
	5:30 pm	Dance Fitness
Thursday	10:45 am	Aqua Fit
	5:30 pm	Bells and Kicks
	6:30 pm	Aqua Fit
Friday	9:30 am	Total Body Conditioning
	10:45 am	Exercise is Medicine (EIM)

Saturday, Nov. 2nd 10 a.m. Cardio fusion Class - 30 Minute Dance Fitness with Julie & Becky & 30 Minute Kickboxing with Becky

Saturday, Nov. 16th 10 a.m. Tri-fusion Class - 30 Minute HIIT class with Mike, 30 Minute Strength Training with Tonia & 30 Minute Aqua with Sandy

*****Kids Center Hours** – Registration is required 24 hrs. in advance to reserve a spot

Mornings – Mondays, Wednesdays, and Friday 9:30 am – 1:30 pm
 Tuesdays and Thursdays 9:30 am – 12:00 noon



**Scan here for an
online schedule.**

Group Exercise

Class Descriptions

Aqua Fit – Water exercises designed to improve joint stability, coordination, heart health and strength.

Bells and Kicks – A full body workout using kettlebells, dumbbells, and/or barbells with a variety of kickboxing moves to increase your metabolism and burn calories while also strength training.

Boxing with Becky – A total body workout that includes punches, kicks, and blocks. This no-contact class focuses on elevating the heart rate while engaging muscles and improving speed and balance.

Circuit Training – The combination of six to ten different exercises focusing on different muscle groups in a short amount of time. These exercises will get your heart rate up and increase your metabolism.

Cardio Burn – A cardio focused class that is high energy and deigned to get your heart rate up. Various equipment may be used to improve cardiovascular and strength.

Exercise is Medicine (EIM) - A full body workout to include chair exercises that will enhance overall cardiovascular strength, mobility, coordination, and flexibility.

Kickboxing – A full body workout that combines kickboxing techniques to improve strength and endurance.

High Intensity Interval Training (HIIT) - A total body workout with periods of intense exercise followed by short periods of rest. Designed to improve both cardiovascular and strength.

Indoor Cycling – A non-impact cardio class that will enhance your lower body strength and core. Class is performed on a stationary bike.

Mindful Stretching – A series of low-medium impact, full body stretching exercises. Class can be performed in a chair, or while using a matt on the floor.

Total Body Conditioning – A full body workout for all major muscle groups. Exercises will include bodyweight and equipment such as dumbbells, tubing, balls, and resistance bands.



**Scan here for an
online schedule.**