



FIRSTHEALTH FITNESS – RICHMOND

CLASS SCHEDULE

MONDAY

- 9 – 10 a.m. – ABS/STRETCHING
- 9:30 – 10:30 a.m. – WATER AEROBICS
- 5:30 – 6:15 p.m. – YOGA
- 5:30 – 6:30 p.m. – BOOT CAMP
- 6:30 – 7:30 p.m. – LINE DANCING

TUESDAY

- 9 – 10 a.m – TOTAL BODY TONE
- 11 a.m. – 12:30 p.m. – ROCK OF AGES/LINE DANCING
- 5:15– 6:50 p.m. – CARDIO BURN/TOTAL BODY TONE

WEDNESDAY

- 8:30 – 9:30 a.m. – CYCLING
- 9:30 – 10:30 a.m – WATER AEROBICS
- 5:30 – 6:15 p.m. – MUSCLE CONDITIONING
- 6:15 – 7:15 p.m. – WATER AEROBICS

THURSDAY

- 9. – 10 a.m – TOTAL BODY TONE
- 11 a.m. – 12:30 p.m – ROCK OF AGES/LINE DANCING
- 5:30 – 7 p.m. – TOTAL BODY TONE + ABS

FRIDAY

- 8 – 9 a.m. – CYCLING
- 9 – 10 a.m. – CIRCUIT TRAINING (NEW CLASS EVERY WEEK!)
- 9:30 – 10 a.m. – WATER AEROBICS

SATURDAY

- 9:15 – 10:15 a.m. MUSCLE CONDITIONING



Scan here for an
online schedule.



CLASS DESCRIPTIONS

YOGA

Yoga is a 1-hour class which aims to align, strengthen and promote flexibility. Breathing techniques and meditation are integrated as well. You can expect an emphasis on simplicity, repetition, and ease of movement.

LINE DANCING

Line Dancing is a 1-hour dance class that focuses on balance, and coordination among other things. Line dancing class teaches basic steps, rhythms and routines choreographed to music and it is a fun and effective way to improve cardiovascular health.

WATER AEROBICS

Water Aerobics is a 1-hour class that combines the benefits of aerobics and low-impact resistance training. This total body workout is effective in improving your strength, coordination, endurance and flexibility.

TOTAL BODY TONE

Total Body Tone is a 1-hour strength training class which uses the barbell/weight system. This class is designed to be adjusted to any fitness level and is a fun way to improve total body strength.

ROCK OF AGES

Rock of Ages is a 1-hour chair exercise class that is designed to improve strength, balance, flexibility, etc. Rock of Ages is a low-impact class that is suitable for any fitness level.

CYCLING

Cycling is a 1-hour stationary bike workout that is suitable for all fitness levels. Cycling is set to exciting music tracks and choreographed to improve overall strength as well as cardiovascular health.

MUSCLE CONDITIONING

Muscle Conditioning is a 1-hour total-body class that is designed to be low-impact and easy to follow.

BOOT CAMP

Boot Camp is a 1-hour interval training class that focuses primarily on the glute and abdominal muscles, as well as cardiovascular conditioning.

CIRCUT TRAINING

Circuit training is a 30-minute, high-intensity class that consists of a number of different exercises such as tire flips, battle ropes, etc. This class will be modified each week to include something different.

CARDIO BURN

Cardio Burn is a 30-minute high-intensity, low-impact class that focuses on sustaining an elevated heart rate and improving cardiovascular conditioning.



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