



# Group Exercise

## NOVEMBER 2024

### MONDAY

11 a.m. – 12 p.m. – Step It Up!  
5:15 p.m. – 6 p.m. – RPM  
6:15 p.m. – 7 p.m. – BODYPUMP

### TUESDAY

5:30 a.m. - 6:15 a.m. – HIIT  
7 a.m. - 7:45 a.m. – Power Yoga  
8:15 a.m. – 9 a.m. – Balates  
9:15 a.m. – 10 a.m. – Yoga  
10 a.m. - 10:45 a.m. – Chair Yoga  
4:15 p.m. – 5 p.m. Yoga  
5:15 p.m. – 6 p.m. – BODYPUMP  
6:15 p.m.-7 p.m. – Dance Fitness

### WEDNESDAY

8:30 a.m. - 9:15 a.m. – Aqua Conditioning  
11 a.m. – 12 p.m. – Exercise Is Medicine  
5:30 p.m. - 6:15 p.m. – BODYPUMP  
6:15 p.m. – 7 p.m. – SPRINT

### THURSDAY

6 a.m. - 6:45 a.m. – HIIT  
8 a.m. - 8:45 a.m. – Power Yoga  
10 a.m. - 10:45 a.m. – Chair Yoga  
4:14 p.m. – 5 p.m. – Yoga  
5:15 p.m. – 6 p.m. – BODYPUMP  
6:15 p.m. – 7 p.m. – Dance Fitness

### FRIDAY

8:30 a.m. - 9:15 a.m. – Aqua Conditioning  
11 a.m. - 11:45 a.m. – Exercise Is Medicine

### SATURDAY

8 a.m. - 8:45 a.m. – RPM  
9 a.m. - 9:45 a.m. – BODYPUMP  
9 – 9:45 a.m. – Aqua Conditioning  
11 a.m. - 11:45 a.m. – Yoga



Scan here for an  
online schedule.



## FirstHealth Fitness Sanford • Class Descriptions

**Aqua Conditioning** – A low impact water aerobics class for all levels. Designed to improve your cardio endurance, muscular endurance, flexibility, stabilization, balance and range of motion. What to bring: swimwear, water, towel, water shoes recommended.

**Balates** – A Pilates based workout that will include the Barre and Ballet moves for a total body conditioning. What to bring: mat, water and comfortable attire.

**BODYPUMP** – Les Mills group strength training class which uses barbells, weight plates and body weight to focus on functional fitness. This is a total body conditioning class. What to bring: water, towel, comfortable attire.

**Dance Fitness** – A dance based cardio fitness class with fun and energetic movements to keep your heart rate elevated. What to bring: water, towel, dance or athletic shoes. Hip scarf optional.

**HIIT** – A high intensity interval training (HIIT) class focused on functional fitness to build strength and cardio endurance. What to bring: water, towel, comfortable attire, and tennis shoes.

**Exercise is Medicine** – A senior and new exerciser-based fitness class designed to improve balance, flexibility and strength in a low impact format. What to bring: water, towel, comfortable attire, and tennis shoes.

**RPM/SPRINT** - A Les Mills non-impact, high intensity indoor cycling class designed to build cardio endurance and lower body strength. SPRINT is 30 minutes of interval training. What to bring: water, towel, tennis shoes or clip-in shoes (SPD), comfortable clothing. Padded shorts optional.

**Step It Up!** - A moderate intensity cardio class with step-by-step dynamic movement that improves the fundamentals of cardio and muscular endurance. What to bring: water, towel, comfortable clothes, tennis shoes.

**Yoga/Chair Yoga/Power Yoga/Gentle Yoga** – A calming mind/body class that uses slow movements, stretching and breathing exercises to improve balance and flexibility. Chair Yoga – utilizes the support of a chair for standing and seated movements. Power Yoga – links movements with more advanced movements to build strength and flexibility. What to bring: water, towel, comfortable attire. Exercise mat optional.

