



**FirstHealth**  
FITNESS

# GROUP EXERCISE SCHEDULE

November 2024

Day	Time	Class	Location
<b>Monday</b>	7:30 a.m.	Power Vinyasa Yoga	Studio A
	8:30 a.m.	BODYPUMP	Studio B
	9:00 a.m.	Aqua Aerobics	Pool
	9:30 a.m.	Les Mills CORE	Studio B
	9:30 a.m.	RPM	BBC or Out – <i>reg. req.</i>
	10:00 a.m.	Aqua Movement & Stretch	Pool
	10:30 a.m.	Exercise is Medicine Muscle Conditioning	Studio B -60 MIN- <i>New time!</i>
	11:00 a.m.	Yoga Sculpt	Studio A –
	1:00 p.m.	Deep Water Jogging	Pool
	1:00 p.m.	Exercise is Medicine Muscle Conditioning	Studio A
	12:15 p.m.	BODYPUMP	Studio B
	4:30 p.m.	BODYBALANCE	Studio B
	5:30 p.m.	RPM	BBC – <i>reg. req.</i>
	5:30 p.m.	TONE	Studio B
	6:00 p.m.	Dance Fitness	Studio A
6:30 p.m.	Aqua Fitness	Pool	
<b>Tuesday</b>	5:30 a.m.	BODYPUMP	Studio B
	8:30 a.m.	BODYSTEP	Studio B
	8:30 a.m.	Yoga – Beg./Int.	Studio A
	9:00 a.m.	Aqua Aerobics	Pool
	9:30 a.m.	Cardio Burn	Studio B
	9:30 a.m.	Dance Fitness	BBC
	10:00 a.m.	Deep Water Jogging	Pool
	10:30 a.m.	Exercise Is Medicine Cycle/RPM	BBC or OUT
	11:00 a.m.	Power Vinyasa Yoga	Studio A –
	1:00 p.m.	Exercise is Medicine Muscle Conditioning	Studio A
	4:45 p.m.	Les Mills BODYCOMBAT	Studio B – 30 MIN
	5:15 p.m.	Pilates Barre	Studio A
	5:30 p.m.	BODYPUMP	Studio B – 60 MIN
5:30 p.m.	Cardio Burn	BBC or Out	
6:00 p.m.	BODYBALANCE Stretch	Studio A – 30 min	
6:30 p.m.	ZUMBA	Studio A – <i>CLASS IS BACK!</i>	
<b>Wednesday</b>	7:30 a.m.	Power Vinyasa Yoga	Studio A
	8:30 a.m.	BODYPUMP	Studio B
	8:30 a.m.	Yoga Sweat	Studio A
	9:30 a.m.	Slow & Stretchy Yoga	Studio A –
	9:00 a.m.	Aqua Aerobics	Pool
	9:30 a.m.	RPM	BBC or Out – <i>reg. req.</i>
	9:30 a.m.	Muscle + More	Studio B
	10:00 a.m.	Aqua Tone	Pool
	10:30 a.m.	Exercise is Medicine DANCE	Studio B
	11:30 a.m.	Holiday De-Stress Meditation	Studio A – 30 MIN – <i>NEW CLASS!</i>
	1:00 p.m.	Deep Water Jogging	Pool
	1:00 p.m.	Exercise is Medicine	Studio B
	4:30 p.m.	TONE	Studio B
	5:30 p.m.	Dance Fitness	Studio A
5:30 p.m.	Boot Camp	Studio B	
6:00 p.m.	SPRINT	BBC <i>reg. req. NEW TIME!</i>	



## November 2024

Day	Time	Class	Location
<b>Thursday</b>	5:30 a.m.	RPM	Studio A – <i>reg. req.</i>
	8:30 a.m.	BODYSTEP express with BODYPUMP arms	Studio B – <i>50 -min</i>
	8:30 a.m.	BODYBALANCE	Studio A – <i>45 min – NEW CLASS!</i>
	9:00 a.m.	Aqua Aerobics	Pool
	9:30 a.m.	TONE	Studio B
	9:30 a.m.	Cardio Burn	BBC
	9:30 a.m.	Pilates	Studio A
	10:00 a.m.	Deep Water Jogging	Pool
	10:30 a.m.	Exercise is Medicine	Studio A
	10:30 a.m.	Dance Fitness	Studio B
	12:00 p.m.	Gentle Yoga Flow	Studio A
	1:00 p.m.	Exercise is Medicine Qigong	Studio A
	4:30 p.m.	BODYPUMP	Studio B
	5:30 p.m.	BODYBALANCE	Studio B – <i>60 MIN</i>
	5:30 p.m.	SPRINT	Studio A or Out – <i>reg. req. Class change!</i>
5:30 p.m.	Cardio Burn	Out or BBC	
6:30 p.m.	ZUMBA	Studio A – <i>CLASS IS BACK!</i>	
<b>Friday</b>	5:30a.m.	BODYPUMP	Studio B – <i>NEW CLASS!</i>
	7:30 a.m.	Power Vinyasa Yoga	Studio A –
	8:30 a.m.	Gentle Yoga Flow	Studio A
	8:30 a.m.	BODYBALANCE	Studio B
	9:00 a.m.	Aqua Aerobics	Pool
	9:30 a.m.	Pilates Fundamentals	Studio A
	9:30 a.m.	RPM	BBC or Out – <i>reg. req.</i>
	10:00 a.m.	Aqua Movement & Stretch	Pool
	10:30 a.m.	Exercise is Medicine	Studio B
	11:30 a.m.	Exercise is Medicine Cycle	Studio A or OUT
	12:15 p.m.	BODYPUMP	Studio B
	1:00 p.m.	Deep Water Jog	Pool
<b>Saturday</b>	7:45 a.m.	CORE	Studio B
	8:30 a.m.	SPRINT	Out or BBC – <i>reg. req.</i>
	9:00 a.m.	BODYPUMP	Studio B
	9:00 a.m.	Aqua Aerobics	Pool
	9:00 a.m.	Yoga Sculpt with Weights	Studio A
	9:30 a.m.	Cardio Burn	BBC or Out
	10:00 a.m.	BODYBALANCE	Studio B – <i>60 MIN</i>
<b>Sunday</b>	1:00 p.m.	Aqua Aerobics	Pool
	3:30 p.m.	BODYBALANCE	Studio B – <i>60 MIN</i>

### Studio Locations:

A – Hardwood floor; B – large room downstairs; BBC – basketball court; FTR – functional training room; Out – front patio

**Special Events:** Facility closed on Thanksgiving Day. Modified Schedule Friday 11/29.