

Group Exercise

**FirstHealth Fitness – Raeford
January 2026**

Monday	9 a.m. 10:45 a.m. 12 p.m. 5:30 p.m.	Powers Foundations Exercise is Medicine (EIM) Mindful Stretching Cardio Bum
Tuesday	8:30 a.m. 9:30 a.m. 10:15 a.m. 10:45 a.m. 1 p.m. 5 p.m. 5:30 p.m.	Box to the Beat Sunrise, Stretch & Smile Exercise is Medicine (EIM) Aqua Fit Walking Fitness – outside, dress accordingly (no class if raining) Core 30 Indoor Cycling
Wednesday	9 a.m. 10:45 a.m. 12 p.m. 5:30 p.m.	Ignite HIIT Exercise is Medicine (EIM) Mindful Stretching Dance Fitness
Thursday	8:30 a.m. 9:30 a.m. 10:15 a.m. 10:45 a.m. 1 p.m. 5:30 p.m.	Athletic Step Sunrise, Stretch & Smile Exercise is Medicine (EIM) Aqua Fit Walking Fitness – outside, dress accordingly (no class if raining) Bells and Kicks
Friday	9 a.m. 10:45 a.m. 12 p.m.	Circuit Strong Exercise is Medicine (EIM) Mindful Stretching

TRI-FUSION CLASSES (30:30:30) at 10 a.m. – 30-minutes of 3 different class formats

- **Saturday, January 10** Step with Hollie + Strength Training with Tonia + Stretch with Sandy.
- **Saturday, January 24** HIIT class with Mike + Dance Fitness with Julie + Mindful Stretching with Sandy.

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

- **Monday – Friday** 9:30 a.m. – 2:30 p.m.
- **Monday – Thursday** 5 p.m. – 7:30 p.m.



**Scan here for an
online schedule.**

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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.

Box to the Beat – 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 designed to get your heart rate up. Various equipment may be used to improve cardiovascular and strength.

Dance Fitness – A series of low-medium impact exercise dance moves that tighten and tone your body, while having fun.

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

Ignite (HIIT) High Intensity Interval Training - A dynamic total-body workout combining short, high-intensity bursts with recovery periods. Designed to maximize calorie burn, boost cardiovascular endurance, and strengthen major muscle groups in minimal time.

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 mat on the floor.

Core 30 – A series of low-medium impact core exercises, for 30 minutes only.

Athletic Step – A high-energy, total-body workout that uses step as a training tool rather than a dance platform. While focusing on cardio endurance, muscular strength, balance, and agility, with options provided for all fitness levels. No complex choreography—just effective, results-driven movement.

Sunrise, Stretch & Smile – A series of total body functional stretching.

Walking Fitness - enjoy the fresh air, vitamin d and fitness benefits from outdoor walking.

Power Foundations – A full-body strength workout using traditional equipment such as dumbbells, kettlebells, barbells, and resistance bands. Focuses on building muscular endurance, improving form, and developing total body power.

Circuit Strong – A fast-paced circuit training class through multiple stations to challenge strength, endurance, and agility. Each round targets different muscle groups, keeping the heart rate elevated while building total body conditioning.



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online schedule.