



# Group Exercise

## May 2026

### MONDAY

5:30 a.m. – 6 a.m.	HIIT
9:30 a.m. – 10:15 a.m.	Aqua Fit
10:30 a.m. – 11 a.m.	Step it Up
11:15 a.m. – 11:45 a.m.	Better Balance
5:15 p.m. – 5:45 p.m.	SPRINT
6 p.m. – 6:45 p.m.	BODYPUMP

### TUESDAY

9:15 a.m. – 9:45 a.m.	Hi-Lo Cardio
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

5:30 a.m. – 6 a.m.	HIIT
11:15 a.m. – 11:45 a.m.	Better Balance
9:30 a.m. – 10:15 a.m.	Aqua Conditioning
10:30 a.m. – 11 a.m.	Senior Dance
11 a.m. – 11:45 a.m.	Exercise Is Medicine
4:30 p.m. – 5:15 p.m.	Cardio Mix
5:30 p.m. – 6:15 p.m.	BODYPUMP
6:30 p.m. – 7 p.m.	SPRINT

### THURSDAY

9:15 a.m. – 9:45 a.m.	Hi-Lo Cardio
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 HEAVY
6:15 p.m. – 7 p.m.	Dance Fitness

### FRIDAY

5:30 a.m. – 6 a.m.	HIIT
10 a.m. – 10:45 a.m.	Pilates
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
10 a.m. – 10:45 a.m.	Aqua Conditioning
11 a.m. – 11:45 a.m.	Yoga

### SUNDAY

1:30 p.m. – 2:30 a.m.	Pilates
-----------------------	---------



Scan here for an  
online schedule.

# Group Exercise

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.

**Aqua Fit** – A high intensity, low impact, water aerobics class that improves cardio endurance and muscle tone. What to bring: swimwear, water, towel, and water shoes are recommended.

**Better Balance** – In this balance class for seniors, exercises will progress each week to improve core strength, standing balance, reaction and fall prevention.

**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.

**Cardio Mix** – A workout blending a variety of cardio styles, core work, and light toning. Cardio formats could include step, high/low impact aerobics, cardio kickboxing, and/or athletic moves.

**Zumba/ 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.

**Hi-Lo Cardio** – Improve your cardiovascular fitness, stamina, and coordination with these choreographed, music-driven sequences that mix high-impact and low-impact moves.

**Pilates** – A 45-minute class focuses on controlled, low impact movements that strengthen your core, improve posture and enhance overall mobility.

**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.

**Senior Dance** – A dance based aerobic fitness class with easy-to-follow movements at moderate intensity and pace.

**Step it Up!** - A 30-minute, moderate intensity rhythmic step class that'll get the heart rate up and sweat going. What to bring: water, a towel, tennis shoes, and comfortable clothing.

**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.

**(919) 258-2100 • [www.firsthealth.org/fitness](http://www.firsthealth.org/fitness)**



**Scan here for an  
online schedule.**