

PINEHURST CALENDAR of EVENTS

May 2022

Date	Event	Time/Day	Member/Community Fee
2-30	Tai Chi – Sunrise – beginners welcome*	6:30 a.m., Mon/Fri	\$48/\$80 per month
2-25	Outdoor Circuits - small group training limit 8*	9 a.m., M/W	\$40/\$70 per month
2-23	Intro to Yoga: 4-wk session*	9:30 a.m., Mondays	\$25/\$65
2-27	Exercise is Medicine Class – morning session	10:30 a.m., M/W/F	Free, members only
2-25	Senior Strength Training (ages 60+): 4-wk session*	11 a.m., M/W	\$60/\$90 per month
2-30	Tai Chi - Lunchtime – beginners welcome*	12:15, Mon/Wed	\$48/\$80 per month
2-30	Exercise is Medicine Class – afternoon session	1 p.m., M/W	Free, members only
2-25	Mindful Meditation Course– 4-wk session*	1 p.m., M/W	\$48/\$80 per month
2-18	Adult Swim Lessons**	6:45-7:15 p.m., M/W	\$65/\$80
3-26	Rampage Circuits– small group training limit 10*	9 a.m., T/Th	\$48/\$80 per month
3-31	Exercise is Medicine – Cycle	10:30 a.m., Tuesdays	Free/guest fee
6-8	Water Safety Instructor Certification – teach swim lessons**	Friday – Sunday	\$235/\$260
6-27	TRX - Small Group Training – limit 6*	8:30 a.m., Fridays	\$25/\$45 per month
6	Sound Bath Meditation*	1:30-2 p.m., Friday	Free/\$5
11	Stretch Clinic for Seniors*	2 p.m., Wednesday	Free/\$5
14	Core Exercises for Beginners*	11 a.m., Saturday	Free, members only
17	Fitness Spotlight Series with Mark – <i>Back Exercises*</i>	5:30 p.m., Tuesday	Free/\$5
18	Eating for Strength, Performance & Fitness*	5:30 p.m., Wednesday	FREE
19	One Blood Drive www.cbcc.us/mobiledrives **	11 a.m. – 4 p.m., Thursday	
19	Boost Your Balance*	1 p.m., Thursday	Free/\$5
19	Yoga for Patients with Cancer & their caregivers (<i>offsite</i>)*	3-4:30 p.m., Thursday	FREE call 715-1478
20	Learn Independent Water Exercises*	11:15 a.m., Friday	Free/\$10
20-6/3	Child Swim Lesson OPEN Reg.** <i>Session runs June 6-17</i>	www.firsthealth.org/swim	\$65/\$80
30	Memorial Day Facility Hours – Open 5 a.m. – 1 p.m.		

* Registration required at front desk or by phone; ** online registration required



Mother's Day Massage Gift Certificates

Available to purchase May 1-8, 2022 • \$5 off regularly priced massage. Limit 2 per person.

60-min: \$65 members/\$75 guests

90-min: \$100 members/\$110 guests

Fitness Center Hours: Mon.-Fri. 5 a.m.-8 p.m., Sat. & Sun. 7 a.m.-5 p.m.

www.firsthealth.org/fitness • (910) 715-1800 • 170 Memorial Drive, Pinehurst NC 28374 • www.facebook.com/firsthealthfitness

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