



FirstHealth

FITNESS

www.firsthealth.org/fitness

GET TOGETHER. GET INSPIRED. GET RESULTS.

Small Group Training July 2022

Spaces are limited, register at the front desk

TRX

July 1-29 • 8:30 a.m. • Fridays • \$25/\$65 • Limit 6 • Instructor: Kari

This 30-minute, all-body express workout uses the TRX for upper body, core, lower body and plyometric training. By nature, TRX can be surprisingly challenging, and this is a mid-level class, so experience with the TRX or a moderate-strong fitness level is necessary.

OUTDOOR CIRCUITS

July 4-27 • 9 a.m. • Mondays and Wednesdays • \$48/\$80 • Limit 8 • Instructor: Sarah

This circuit training class, if you commit, is guaranteed to test your body and mind. Using multiple pieces of equipment, your workout will provide variety which will improve your overall fitness but also keep you coming back for more.

RAMPAGE CIRCUITS

July 5-28 • 9 a.m. • Tuesdays and Thursdays • \$48/\$80 • Limit 8 • Instructor: Chris

This circuit workout will push you past any comfort zones. The equipment – could be anything. The workout – powerful! Come with an open mind and fueled body ready to work.

TRX YOGA - NEW

July 7-28 • 10 a.m. • Thursdays • \$25/\$65 • Limit 6 • Instructor: Molly

This great new session is a power pack combo of TRX (total body resistance training) with yoga for new balance and core challenges fostering longer, stronger muscles.

INTRO TO YOGA

July 11 – August 1 • 9 a.m. • Mondays • \$25/\$65 • Limit 8 • Instructor: Cinnamon

This four-week program will familiarize you with yoga moves, verbiage and modifications.

Register at the front desk.

Sign up for 2 groups and save 25%