

# PINEHURST CALENDAR of EVENTS

## March 2023 Nutrition Month



Can You Eat 30 Different Vegetables in 30 days?

**Take the Veg Out Challenge!**

Start anytime in March • Challenge ends March 31<sup>st</sup>

<b>Date</b>	<b>Event</b>	<b>Time/Day</b>	<b>Member/Community Fee</b>
Feb 27-3/15	Adult Swim Lessons**	6:45-7:15 p.m., M/W	\$65/\$80
Feb 27-3/29	Outdoor Work It Circuits - small group training limit 8*	9 a.m., M/W	\$48/\$80 per month
Feb 28-3/30	Rampage Circuits– small group training limit 10*	9 a.m., T/Th	\$48/\$80 per month
1-29	Lunchtime Tai Chi – beginners welcome*	12:15, Mon/Wed	\$48/\$80 per month
3-31	Sunrise Tai Chi – beginners welcome*	6:30 a.m., Mon/Fri	\$48/\$80 per month
3	Sound Bath Meditation**	1:30 p.m. Friday	Free/\$5
4	Day of Yoga at Clara McLean House* (See sched.)	8 a.m.-5 p.m., Saturday	Donate to Cancer Care Fund
4	Heart Rate Training Zones: not all cardio is created equally**	11 a.m., Saturday	Free/\$10
4	Mindful Meditation**	Noon, Saturday	FREE
5	Compound Lower Body Exercises for Beginners**	1 p.m., Sunday	Free/\$10
7-28	TRX + Yoga**	4:30 p.m., Tuesdays	\$25/\$60 per month
8	Dairy Dilemma: milk & yogurt comparisons + taste testing**	5:30 p.m., Wednesday	\$10
9	One Blood Drive <a href="http://www.cbcc.us/mobiledrives">www.cbcc.us/mobiledrives</a> **	11 a.m. – 4 p.m., Thursday	
10-31	Bi's, Tri's & Shoulders for Ladies – small group trng limit 12*	10 a.m., Fridays	\$25/\$60 per month
11	Core Exercises for Beginners**	11 a.m., Saturday	Free, members only
13-17	Child Swim Lesson OPEN Reg. ** <i>Session runs Mar 20-30</i>	<a href="http://www.firsthealth.org/swim">www.firsthealth.org/swim</a>	\$70/\$90
15	Stretch Clinic for Seniors**	2 p.m., Wednesday	Free/\$5
16	Boost Your Balance**	2 p.m., Thursday	Free/\$5
16-April 9	Home School Fitness Grades K-5**	11:45-12:30, Thursdays	\$35
16-April 9	Home School Fitness Grades 6-12**	11:45-12:30, Thursdays	\$35
17	Dance Fit Party for St. Patrick's Day	5:30-6:45 p.m., Friday	Free (mem bring 1 guest)
18	Intro to BODYPUMP – Learn the Moves	8:30 a.m., Saturday	Free/guest fee
18	Intro to Yoga – learn terms, poses, modifications and more**	1-3:30 p.m.	\$25/\$45
19	Compound Upper Body Exercises for Beginners**	1 p.m., Sunday	Free/\$10
21	Rest & Recovery: science, strategy, sample**	5:30 p.m., Tuesday	Free/\$10
25	Foam Rolling: How, When, Why?***	11 a.m., Saturday	Free/\$10
29	Carbohydrate Conundrum** Free nutrition class	5:30 p.m., Wednesday	FREE
30	National Doctor's Day – physicians get in free today	all day	

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

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

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

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