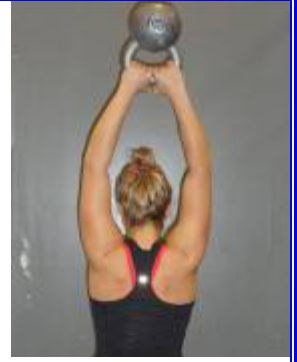




Small Group Training



Participate by purchasing a drop-in card at the front desk.

Day	Time	Class	Trainer	Location
Mondays	9 a.m.	TRX/KB	Chris	Bball court
Mondays	9:30 a.m.	HIIT	Chris	Performance training
Mondays	12:15 p.m.	Kickboxing	Randy	Bball court
Tuesdays	5:45 a.m.	Rise & Grind	Chris	Performance training
Tuesdays	9 a.m.	TRX/KB	Randy	Bball court
Wednesdays	9:30 a.m.	High Intensity Circuits	Brittany	Bball court
Wednesdays	10 a.m.	Core & More	Chris	Bball court
Wednesdays	12:15 p.m.	Kickboxing	Randy	Bball court
Wednesdays	6 p.m.	XTreme Fit	Brittany	Performance training
Thursdays	9 a.m.	TRX/KB	Randy	Bball court
Fridays	8:15 a.m.	TRX	Chris	Bball court
Fridays	9 a.m.	HIIT	Chris	Performance training

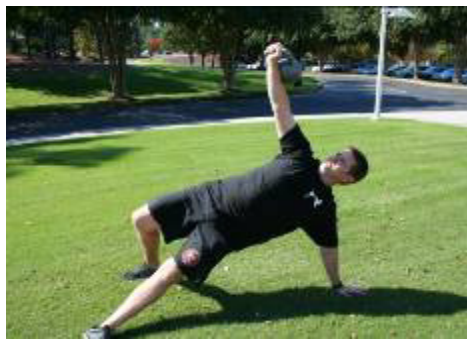
How to participate:

Drop-In Punch Card: Purchase a 4-punch (\$20) or 8-punch card (\$40) and drop-in to any class on the schedule.

Unlimited Pass: \$50 allows unlimited access to all classes all month.

Non-member: must pay guest fee as well as punch card

TRX: Make Your Body Your Machine



FirstHealth Small Group Training

TRX  **KB**  **HIIT**  **Boxing**

30-minute training sessions

What is Small Group Training?

Our certified personal trainers work with 4-12 people in one session giving you the benefit of sharing the cost of personal training, group motivation, and individual modifications for a safe, personalized workout. If the class selection does not meet your needs, you can train individually or semi-privately with a personal trainer. If you have a group of friends, we may even be able to set up a special class just for you. Call 715-1839 for more information.

TRX

Total-Body Resistance Exercise is a complete, full-body workout in 30 minutes. Bodyweight training is being recognized as the ultimate form of functional fitness. The TRX uses bodyweight-based exercises for every part of the body and is suitable for all user levels. It adds elements of instability that demand greater joint stabilization, core strength and muscle endurance. The class format may vary to include circuits, ropes and kettle bell exercises. It's humbling, it's effective and it's FUN!

KICKBOXING

Learn basic kickboxing techniques in this workout that rotates through 8 stations including speed bag, double-end bag and various heavy bags. Equipment provided.

HIIT

This dynamic training session will combine intense cardio and strength intervals with short periods of rest to maximize your calorie burning potential. This class may incorporate box jumps, wall balls, barbell lifts, battling ropes, agility drills, and running, but everything can be modified for a variety of fitness levels. Enjoy the challenge.

XTREME FIT

This fast-paced, cross training (XT) workout is designed to get you in, work you out, and then inspire you to come back for more! The class features easy-to-follow basic barbell movements plus medicine ball and kettlebell work. This time efficient approach to fitness is a win, whether you are new to fitness activities or a regular exerciser.

RISE & GRIND

Good morning Early Birds! This class is sure to wake you up, get your heart pumping and muscles working. Look for a variety of equipment, circuits or intervals, inside or outside, basically – anything goes!

How to Participate:

Purchase your punch card at the front desk. You may drop-in to any class on the schedule. Check in with the instructor at the start of class for availability. Drop-in participation is on a first come first serve basis and space is not guaranteed. Cost is \$5/ea 30-min class; \$20/4-session punch card; \$40/8-punch card; \$50/unlimited monthly participation. Non-members may participate, but must purchase a guest pass with each visit or purchase visit pass card to be punched each visit in addition to the small group training punch card.

FirstHealth
FITNESS

www.firsthealth.org/trx • (910) 715-1800 • 170 Memorial Dr. Pinehurst, NC 28374