

# NEWS

— IN THE —

# CENTER

DECEMBER & JANUARY

## PRO SHOP SALE

10% off all items in the DCFL Pro Shop. Stock up on holiday gifts for friends, family and loved ones. Offer excludes food and beverage items and prior purchases. Not valid with other discounts or promotions. Sale ends December 31st, 2017.



## FOOD AND ACTIVITY JOURNALS

Free to the first 25 members starting in January! Tracking food intake and exercise can help you start off on the right foot in the new year! Request a copy of our complimentary journal at the Member Services Desk starting January 2nd.



## HOLIDAY PROGRAMMING

See our flyers for information regarding FREE holiday programs, including **Elf on the Shelf** (December 1st - 24th) and **12 Days to Wellness** (December 1st - 31st). Both programs feature prize drawings for participants! Questions? Ask our Fitness Staff!

## 10% OFF ALL SERVICES!

Throughout December, DCFL is offering 10% OFF these services: Personal Training, Pilates Reformer Training, Massage Therapy, Gait Analysis, and Posture Analysis. Sale ends December 31st, 2017. Not valid with other discounts or promotions.



## COLD AND FLU REMINDER

Cover Your Cough. Stop the spread of germs that make you and others sick. Cover your mouth when you cough and always remember to wash your hands with soap and warm water or hand sanitizer.

## GIVE THE GIFT OF WELLNESS

DCFL gift cards are easy to use and available in any amount! They are redeemable for products and services.



## CORA FOOD DRIVE

Support Chatham County families that are living in poverty by donating non-perishable food items to CORA during the month of December. The CORA donation bin can be found in our lobby, with DCFL's collection goal being 500lbs of food! Thank you for supporting the largest food pantry in Chatham County.



## HOLIDAY HOLD'EM REMINDERS

If you are participating in this year's Holiday Hold'em Challenge, keep up your hard work! Don't forget to participate in your mandatory final weigh-in between January 3rd and 9th! Monetary wagers of those who do not weigh in or maintain their weight will be donated to CORA.



## MEET OUR NEWEST MASSAGE THERAPIST

Has something put a hitch in your giddy-up? Has your get up and go, got up and went? If so, then try a therapeutic massage with Sharon Wolk. Sharon has been a massage and movement therapist for 15 years and is excited to join you in your wellness journey. Whether you're looking to relax, or be restored from the effects of a chronic condition, there's a tool in her belt to help meet your needs. Let massage therapy enhance your life.

**Join Sharon for a Meet & Greet on December 12th, 12:00pm-1:30pm** to learn all about the different modalities of bodywork that she does and how they are performed.

## MEET OUR NEW REGISTERED DIETICIANS

DCFL is partnering with Essential Nutrition and Wellness, LLC to provide nutrition counseling and wellness coaching to DCFL members and guests. Owner, Kay Pratt, and Dr. Susan Lutz use scientific evidence to help individuals establish habits for choosing, preparing, and eating delicious and wholesome foods while making small, sustainable lifestyle changes to improve

health. Essential Nutrition and Wellness, LLC accepts Blue Cross Blue Shield along with other major insurance providers.

**Join Kay and Susan for a Meet & Greet at DCFL on Tuesday, December 12th from 10am-12pm.** They'll meet with clients at DCFL starting in January. To schedule, contact Brandon Rivera at [brivera@gallowayridge.com](mailto:brivera@gallowayridge.com) or (919) 545-2685.



## MEET THE STAFF

**Taylor Gates** recently joined the DCFL as an Exercise Physiologist. In her spare time she enjoys hiking with her dog, adult league sports, and baking.

**Larry Hazelwood** is DCFL's newest Member Services Sales Representative. He enjoys running 5Ks and 10Ks for fundraisers, volunteering with Habitat for Humanity Chatham County and international travel.

**Diane Carnes** is excited to be serving as DCFL's newest Member Services Representative. She enjoys spending time with her two granddaughters, volunteer work, hiking the local trails, vegetarian cooking, and flowers.

Stop by to say hello to **Taylor, Larry and Diane!**

## MEMBER NOTES

### HOLIDAY HOURS:

**Sunday, December 24th:**

CLOSED

**Monday, December 25th:**

CLOSED

**Tuesday, December 26th:**

Open 6:00am-8:00pm, no group exercise classes

**Sunday, December 31st:**

CLOSED

**Monday, January 1st:**

CLOSED

## DCFL ONLINE MEMBER PORTAL

DCFL members can now login to our member portal via the 'Member Login' button on the homepage of our website.

[www.dukefitnessfearington.com](http://www.dukefitnessfearington.com).

Members received login credentials via email on December 1st. Members can electronically sign up for Wellness Seminars and Group Exercise classes as well as view the instructors. This portal also allows individuals to edit personal information including address, phone number, email, and credit card/EFT information. Members have the ability to view membership contract, member check-ins and transaction history.

### Director:

Jennifer Rehm  
[jrehm@gallowayridge.com](mailto:jrehm@gallowayridge.com)

### Fitness Manager:

Amber Poinsett  
[apoinsett@gallowayridge.com](mailto:apoinsett@gallowayridge.com)

### Member Services Manager:

Linda Barnette  
[lbarnette@gallowayridge.com](mailto:lbarnette@gallowayridge.com)



### NIA (6-week series)

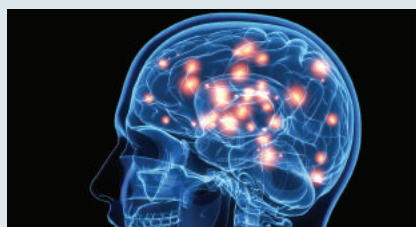
**When:** Tuesdays, 10:00am-10:50am

January 23rd – February 27th

**Cost:** \$36 members, \$72 non-members

Nia is a dynamic, non-impact cardiovascular workout that blends dance, martial arts, yoga and healing arts.

**New to Nia? Try a FREE NIA demo class on Tuesday, January 16th from 10:00-10:50am! No sign up necessary.**



### EVIDENCE AND RESULTS FROM TOTAL BRAIN HEALTH PROGRAMS

**Friday, January 12th, 1:30pm – Galloway Ridge Auditorium\***

Dr. Green, president and founder of Total Brain Health, will present on the data collected from individuals involved in the TBH Memory research group here at Galloway Ridge and DCFL. Dr. Green will discuss how the results support the benefits of memory training and explain the science behind brain health.

\*Please check in at the front entrance of Galloway Ridge, where concierge will direct you to the Auditorium.



### WOMEN ON WEIGHTS INTEREST SESSIONS

**When:** Tuesday, January 16th, 12:00pm-12:30pm OR

Wednesday, January 17th, 5:00pm-5:30pm

Women on Weights, coming in February, is an 8-week weight training program only for women! Organized in a small group setting, get personalized attention as we go through various weight training methods and techniques! Those who complete the program will feel empowered to traverse the weight room on their own and continually progress in their strength training program safely and effectively. \*Details for Women on Weights will be available after the Interest Sessions.



### YOGA FOR BALANCE

**When:** Wednesdays, 1:00pm- 2:00pm

February 14, 21, & 28

**Cost:** \$34 members, \$48 non-members

Join Emily Silverman for a yoga practice to strengthen the core, legs, ankles and feet, and build a strong and stable base. Props and chairs will be offered to accommodate all ability levels. Great for beginners!



### POSTURE ASSESSMENTS

**Cost:** \$38 members, \$48 non-members

Tired of feeling like you can't stand up straight and having to deal with the resulting chronic pain? Sign up for a posture analysis to see exactly where your posture needs improvement and recommendations on how to get there.



### MORE YOGA!

We've added another Yoga I class to the schedule!

**When: Mondays, 3:15-4:15pm with Emily Silverman**

Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!



### MINDFULNESS CLASS

Exercise your mind by practicing awareness of the present moment. Mindfulness is proven to help manage stress, decrease perceptions of pain, and increase overall contentment. The focus is on breath awareness, body awareness, and releasing stressful mental patterns. **Keep an eye out for flyers containing more details in early 2018!**

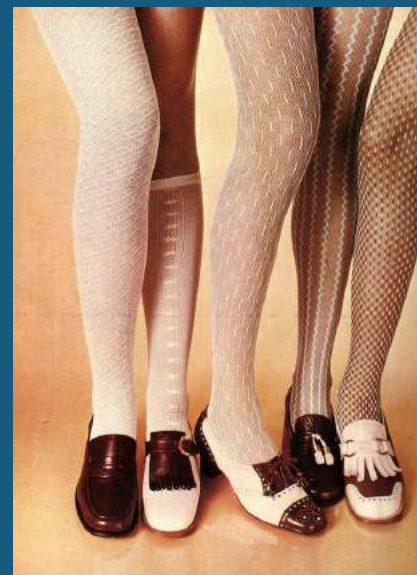


### AQUA NUTCRACKER BALLET

**When:** Saturday, December 16th, 11:00am-11:45am

**Cost:** Free

Let the Sugar Plum Fairy take you through the land of sweets in Tchaikovsky's Nutcracker Ballet. All levels can enjoy this fun adventurous workout. The class is held in the pool. Space is limited- registration is required.



### FLASHBACK TO THE 60's AND 70's

**When:** Saturday, January 13th, 11:00-11:45am

**Cost:** Free

Let's take a step back into the 60's and 70's and learn some of the most popular dances during those decades. We will learn the Brooklyn shuffle, the cha-cha, the twist, the pony, the mashed potato, and the YMCA. Space is limited- registration is required.



### AQUA CLASS SCHEDULE UPDATES

Upon re-opening the pool, the Monday-Wednesday-Friday aquatic class schedule will be as follows:

Aqua Basics: 8:00am-8:45am

Aqua Fit: 8:45am-9:30am

Aqua Challenge:  
9:30am-10:30am



### LINE DANCING

**When:** Tuesday, December 12th, 12:15pm-1:00pm

**Cost:** Free

Get ready to hit the dance floor at your holiday parties! Come learn and practice some common line dances including the Cha-Cha Slide, Cotton-eyed Joe, and Electric Slide. Space is limited- registration is required.

### JANUARY WELLNESS SEMINARS

**All About Sleep -- From A to Zzz**

**How to turn your New Year's Resolutions and Fitness goals into Reality**

**Shoulder Stability**

## DECEMBER WELLNESS SEMINARS

Space is limited -- Registration is required | These seminars are free and open to the public, so bring a friend!



### EXERCISE AND LOW BACK PAIN

**When:** Tuesday, December 5th at 10:00am

Did you know that approximately 80% of Americans will experience lower back pain at some point in their lives? Attend this seminar if you would like to learn about various stretches and exercises that have been shown to prevent or reduce the severity of lower back pain.



### CARDIORESPIRATORY FITNESS AND ME

**When:** Wednesday, December 13th at 12:30pm

Cardiorespiratory fitness is one of the major components of fitness. Cardiorespiratory endurance is essential for daily functions and activities. Come learn the importance of maintaining a high level of cardiorespiratory fitness and all that it offers us!



### LEARNING THE KETTLEBELL SWING

**When:** Monday, December 18th at 5:00pm

The kettlebell swing is a powerful movement for building full-body strength and endurance. It especially targets the hips, back, and cardiovascular system, while teaching the body to work as one unit. Come learn the proper technique for a safe and effective kettlebell swing. All levels of fitness welcomed. Be prepared to exercise.

*In Collaboration with Galloway Ridge - A Life Plan Community*

**HOURS: MON-THU 6:00am - 8:00pm | FRI 6:00am - 7:00pm | SAT 8:00am - 4:00pm | SUN 1:00pm - 5:00pm**