

Modified DCFL Land Group Exercise Schedule: January 15-20

Please note that not all regularly scheduled DCFL classes are able to be offered based on space limitations within Galloway Ridge. **This is a modified schedule.**

Class participants should meet in the DCFL lobby 5-10 minutes prior to the start of the class. The DCFL instructor has a key to Galloway Ridge and will escort class participants to Galloway Ridge just prior to the start of class.

Monday, January 15

7:00-7:45a	Strong & Limber	GR Auditorium- Suite B
8:00-8:45a	Cardio Moves	GR Auditorium- Suite B
9:00-9:45a	Senior Fitness	GR Auditorium- Suite B
9:00-9:45a	Group Cycling*	DCFL
10:00-11:00a	Yoga I	GR Auditorium- Suite B
11:15-12:30p	Yoga I & II	GR Auditorium- Suite B
2:00-3:00p	Intermediate Pilates	GR Auditorium- Suite B
3:15-4:15p	Yoga I	GR Auditorium- Suite B
5:30-5:45p	Core	GR Auditorium- Suite B
5:45-6:30p	Total Body Strength	GR Auditorium- Suite B
6:30-7:15p	Group Cycling*	DCFL

Tuesday, January 16

8:00-8:50a	Step Aerobics	GR Auditorium- Suite B
9:00-9:45a	Full Body Stretch	GR Auditorium- Suite B
10:00-10:45a	Nia- FREE Demo	GR Auditorium- Suite B
11:00-11:15a	Core	GR Auditorium- Suite B
11:15-12:00p	Strong & Limber	GR Auditorium- Suite B
5:30-6:20p	Zumba	GR Auditorium- Suite C
6:30-7:30p	Evening Yoga	GR Auditorium- Suite C

Wednesday, January 17

7:00-7:45a	Strong & Limber	GR Auditorium- Suite C
8:00-8:45a	Zumba	GR Auditorium- Suite C
9:00-9:45a	Senior Fitness	GR Auditorium- Suite C
9:00-9:45a	Group Cycling*	DCFL
10:00-11:00a	Yoga II	GR Auditorium- Suite C
3:30-4:30p	Basic Pilates	GR Auditorium- Suite C

5:30-5:45p	Core	GR Auditorium- Suite C
5:45-6:30p	Total Body Strength	GR Auditorium- Suite C
6:30-7:15p	Group Cycling*	DCFL

Thursday, January 18

8:00-8:50a	Step Aerobics	GR Auditorium- Suite B
9:00-9:45a	Full Body Stretch	GR Auditorium- Suite B
10:00-11:00a	Gentle Yoga & Med.	GR Auditorium- Suite B
11:15-12:00p	Strong & Limber	GR Auditorium- Suite B
3:00-3:45p	Power Flow	GR Auditorium- Suite C
5:15-6:00p	Functional Cond.	GR Auditorium- Suite C
6:30-7:30p	Evening Yoga	GR Auditorium- Suite C

Friday, January 19

7:00-7:45a	Strong & Limber	GR Auditorium- Suite C
8:00-8:45a	Zumba	GR Auditorium- Suite C
9:00-9:45a	Senior Pilates	GR Auditorium- Suite C
9:00-9:45a	Group Cycling*	DCFL
10:00-11:00a	Intermediate Pilates	GR Auditorium- Suite C
11:15-12:15p	Yoga I	GR Auditorium- Suite C

Saturday, January 20

9:30-10:45a	Yoga**	GR Auditorium- Suite C
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*Denotes class that requires sign-up. This may be done no sooner than 24 hours in advance by visiting our Online Member Portal or calling our Member Services desk at 919-545-2133. When facility is closed, phone messages should be left on the DCFL voicemail and are taken on a first come, first served basis.

**Yoga classes rotate each Saturday. The Saturday Yoga schedule can be found on our website, www.DukeFitnessFarrington.com.

Class descriptions can also be found on our website.

Questions, contact the facility at 919-545-2133.