

Modified DCFL Land Group Exercise Schedule: February 5-9

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, February 5

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, February 6

8:00-8:50a	Step Aerobics	GR Auditorium- Suite C
9:00-9:45a	Full Body Stretch	GR Auditorium- Suite C
10:00-10:45a	Nia- FEE BASED SERIES	GR Auditorium- Suite C
11:00-11:15a	Core	GR Auditorium- Suite C
11:15-12:00p	Strong & Limber	GR Auditorium- Suite C
2:00-3:00p	Tai Chi	GR Auditorium- Suite C
5:30-6:20p	Zumba	GR Auditorium- Suite C
6:30-7:30p	Evening Yoga	GR Auditorium- Suite C

Wednesday, February 7

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
11:15-12:00p	Barre*	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, February 8

8:00-8:50a	Step Aerobics	GR Auditorium- Suite C
9:00-9:45a	Full Body Stretch	GR Auditorium- Suite C
10:00-11:00a	Gentle Yoga & Med.	GR Auditorium- Suite C
11:15-12:00p	Strong & Limber	GR Auditorium- Suite C
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, February 9

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

*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.

Class descriptions can also be found on our website.

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