

NEWS — IN THE — CENTER

FEBRUARY & MARCH



POSTURE PROGRAM

When: Wednesdays 12:15pm – 1:00pm

March 7th - April 25th

Cost: \$80 members; \$96 non-members

This 8 week program is designed to improve static posture as well as movement patterns. During the first and last sessions, an assessment and re-assessment of your posture will be completed. Exercise routines will be learned and completed in the other sessions with the goal of learning to use your muscles safely and efficiently in order to reduce pain and increase function in how you sit, stand, and move.

Space is limited, registration required.



RANDOM ACTS OF KINDNESS WEEK

February 11th-17th

You're invited to join in our week long celebration of kindness. Help turn the world kind by celebrating Random Acts of Kindness Week with us!

*See the flyer for more details on how you can participate.

FEBRUARY PRO SHOP SALE!

10% off all gym bags!

15% off all Bio Freeze products- great for those sore muscles or general aches and pains!

50% off all Polar Heart Rate Monitoring products- supplies are limited! Offer good while supplies last!

Not valid with other discounts.

Offer ends February 28th, 2018.

WANT TO TRI SOMETHING NEW?

Be on the lookout this spring for the chance to train and participate in DCFL's very first indoor triathlon! ALL levels will be able to participate and the triathlon event will be specially modified for DCFL members to of all ability levels to participate at a level and pace that suits their needs.

AMERICAN RED CROSS BLOOD DRIVE

When: Tuesday, March 13th, 2018
10:00am-2:30pm

Where: Galloway Ridge, Chapin Auditorium

Did you know a single donation of blood can save up to three lives? Please visit redcrossblood.org and use sponsor code 'Galloway' to secure your spot in the Galloway Ridge Blood Drive on March 13th. Alternatively, contact Cori Cook (ccook@gallowayridge.com) for assistance in signing up or with eligibility questions.



AMERICAN HEART MONTH

February is American Heart Month and DCFL is helping to raise awareness about heart disease and prevention. This month we are challenging YOU to KNOW YOUR NUMBERS! *See the flyer for more details on how you can participate in our Blood Pressure Challenge.

Support Go Red For Women by participating in National Wear Red Day® on Friday, February 2, 2018 and pick up a heart sticker at the Members Services desk to "Wear your Heart on your Sleeve" all month long in support of American Heart Month.

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



MEET THE INTERN!

Denice Bautista is a senior at UNC, originally from Burgaw, North Carolina. She's studying Exercise and Sport Science on the Fitness Professional track, as well as Political Science. In the future she hopes to pursue a Masters in nutrition or exercise physiology. For fun, Denice likes to run with friends and try out new recipes. She's excited to be here at DCFL and looks forward to meeting all of you!

COMING SOON! NEW ARC TRAINERS!

DCFL is getting three new Arc Trainers! They're gentle on the joints and offer a great cardio workout for all ability levels. Coming soon!

MARCH IS NUTRITION MONTH!

Check out our March Wellness Seminars with a focus on nutrition!

SLEEP AWARENESS WEEK

March 4th -11th
Track your sleep for a week with our sleep tracker log that will be available at the Fitness Desk near the end of February. Learn tips to help with getting a restful night's sleep and why sleep is important to your health.
*See flyer for more details.

FLEET FEET

When: Thursday, February 22nd
9:00am – 11:00am

Fleet Feet Shoe Specialists will determine the unique needs of your body by measuring and watching you walk to find the shoe that works best with your body. You can also recycle your old sneakers during your visit for Fleet Feet to take away and donate to a good cause. A Fleet Feet Sports Bra Expert will also be on hand to measure you and make recommendations on the best bra for your body and your activities. Stop by and get ready to move comfortably!

CHATHAM COUNTY SENIOR GAMES

Chatham County Senior Games are coming soon! The games will be April 20th - May 4th. All adults 50+ are welcome to participate. DCFL is once again the proud host of the swimming events. Keep an eye out for more information!

DIETITIAN AT DCFL

When: 10:00am-2:00pm
Friday, February 2nd
Thursday, February 15th
Friday, March 2nd
Thursday, March 15th
Dr. Susan Lutz uses scientific evidence to help you establish habits for choosing, preparing, and eating delicious and wholesome foods while making small sustainable lifestyle changes to improve your health. Most major insurance is accepted. Contact Brandon Rivera (919) 545-2685 to schedule your appointment.

MEMBER NOTES

HOLIDAY HOURS:

Monday, Feb. 19th
(Presidents' Day)- Regular hours

MEMBER HANDBOOK TIP

All personal items such as shoes, bags, jackets and clothing should be placed in a locker and should not be left on the locker room floor or throughout the facility during your visit. Items which do not fit into the lockers may be placed beneath the benches in the locker room as long as they do not create a tripping hazard.

PARKING AT DCFL

The DCFL main parking lot is the large lot to the left as soon as you turn off of Weathersfield onto Clynesh Close. It is located in front of the Galloway Ridge Rehabilitation building. A DCFL Parking map is available in the Member Resources section of our website.

Director:

Jennifer Rehm
jrehm@gallowayridge.com

Fitness Manager:

Amber Poinsett
apoinsett@gallowayridge.com

Member Services Manager:

Linda Barnette
lbarnette@gallowayridge.com



NIA (5-week series)

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

March 6th - April 3rd

Cost: \$30 members, \$60 non-members

Nia is a dynamic, non-impact cardiovascular workout that blends dance, martial arts, yoga and healing arts to allow your child, athlete, warrior and dancer within to expressively emerge.

Space is limited, registration required.



NEW FOR MARCH!

Mindfulness Class

When: Thursdays, 2:15pm-2:45pm

Exercise your mind by practicing awareness of the present moment. Join us for a new class experience, where you will be virtually led, using a meditation app, through a mindfulness practice ranging from 15-30 minutes each session.

Additional Barre Class!

Barre will now be offered twice a week!

Wednesdays 11:15am-12:00pm

AND Fridays 12:30pm-1:15pm



WOMEN ON WEIGHTS

When: Tuesdays and Thursdays, 1:00pm-2:00pm
March 6th - April 26th

Cost: \$224 members, \$336 non-members

Women on Weights (WOW) is an 8-week weight-training program designed specifically for women. Graduates of this program will be able to confidently design and progress through their own personalized strength training programs. WOW is set in a small group, so participants receive personalized attention and are each able to get the most out of every session.

Limit 6 participants, registration required.

**See flyer for more details.*



TRX BOOTCAMP

When: Wednesdays, March 7th-April 11th

Time: 6:45pm-7:30pm

Cost: \$36 members, \$84 non-members

TRX Boot Camp is a 6-week series consisting of high intensity boot camp style classes that will leave you feeling challenged and energized! This is an intermediate to advanced level series.

*TRX Fundamentals required.

Space is limited, registration required.



LINE DANCING

When: Friday, March 9th
1:30pm-2:15pm

Cost: Free

Get ready to hit the dance floor! Come learn and practice popular party line dances, including: Copperhead Road, Macarena, Biker Shuffle.

Space is limited, registration required.

MARCH WELLNESS SEMINARS

A Handy Alternative to Counting Calories

"Healthy" Diet Mistakes: Cutting Carbs, Fat Free and More

The Science of Balance: Mechanisms Used to Help Us Stay Upright

FEBRUARY WELLNESS SEMINARS

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



DIABETES AND EXERCISE

When: Thursday, February 8th at 1:00pm

Everyone needs regular exercise, including those with diabetes! Come learn about the benefits of exercise on blood sugar, safety guidelines for exercising with diabetes, and exercise recommendations.



BLOOD PRESSURE: WHAT THE NEW GUIDELINES MEAN FOR YOU

When: Friday, February 16th at 12:30pm

What's the update? American Heart Association just released new guidelines in late 2017. Under the new guidelines, as many as half of Americans have high blood pressure. This seminar will discuss the new guidelines and how they impact you.



POST-WORKOUT RECOVERY

When: Wednesday, February 21st at 5:00pm

Your wellness doesn't end when your workout does! The approach you take to recovering from a bout of exercise does more than dictate how tired and sore you will feel afterwards. It can also help you maximize your fitness benefits! This seminar will feature a discussion of proper cool-down and post-exercise nutrition techniques to help you get the most out of your workout.

THANK YOU!

Thank you so much to our members for your loyalty and patience throughout January as we dealt with a burst pipe from unusually cold weather and multiple bouts of snow and ice! Keep your eyes peeled for a special thank you in the upcoming weeks.

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