

# NEWS

— IN THE —

# CENTER

JUNE & JULY 2019

## SOCIAL MEDIA



## JUNE PRO SHOP SALE!

### 10% Off All Swim Gear

Sale items include water shoes, swim caps, goggles, shampoo/conditioner, nose plugs, ear plugs and other swim items.

*Offer good while supplies last. Not valid with other discounts or promotions. Sale ends June 30, 2019.*



## COUCH TO 5K TRAINING PROGRAM



### Registration Deadline:

Monday, July 15th

### Training Begins:

Monday, July 22nd

### Cost: Free

Have you ever wanted to participate in a 5k but just haven't had the know-how? DCFL is offering free, personalized, eight-week online training programs to help prepare members and residents for the Chatham County 9th Annual Alzheimer's 5k Walk and Run on September 14th. All levels of walkers and runners are welcome to participate. Participants will receive weekly training plans, fitness advice and suggested walking/running routes via email. *Registration required.*

## NU-STEP TO END ALZHEIMER'S

**Date:** Friday, June 28th

**Time:** 6:00 am (open) – 7:00 pm (close)

**Cost:** Donation

From the time DCFL opens until the time we close, we will have someone on the Nu-Step to raise awareness for those affected by Alzheimer's disease. YOU can participate in the challenge by signing up for a 15 minute time slot on the Nu-Step. As a part of the challenge, we ask that you make a donation to help us raise funds for the Alzheimer's Association. *More details coming soon!*

## CHATHAM COUNTY 9TH ANNUAL ALZHEIMER'S WALK & 5K RUN



**Date:** Saturday, September 14th

Galloway Ridge will host the Chatham County 9th Annual Alzheimer's Walk & 5K Run on September 14, 2019. The course winds through Galloway Ridge and Ferrington Village. Runners and walkers of all ages are welcome to attend the race, which will benefit the Alzheimer's Association Eastern North Carolina chapter. This community event will start with race registration at 7:00 a.m. and will feature vendors, refreshments, music and lots of fun. There will be a Fun Run for ages 3 through 13, starting at 8:00 a.m., and the official walk and run will start at Galloway Ridge at 8:30 a.m. Please consider registering or donating by visiting the link on the DCFL home page, [www.DukeFitnessFerrington.com](http://www.DukeFitnessFerrington.com). Thanks for your support!

## GALLOWAY GRILL OUT

**Date:** Friday, July 12th

**Time:** 11:30am-1:30pm

**Cost:** \$5 cash

Stop by the Galloway Ridge Café Patio and grab lunch for a good cause! Your \$5 cash donation gets you a grilled chicken sandwich or veggie burger, chips, a cookie and a drink. All money raised benefits the Alzheimer's Association.

*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 9:00am – 5:00pm**

# Duke Center for Living at Fearington

100 CLYNELISH CLOSE  
PITTSBORO, NC 27312  
(919) 545-2133

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

## MEDICAL FITNESS WEEK RECAP

DCFL had a record-breaking 76 participants in the 2019 Walk10K Challenge! Thank you to everyone who participated in helping DCFL reach 6,637,770 steps, with 87,340 average steps per participant!

## WELCOME JULIE!



Greetings! My name is Julie Snyder and I am the newest Exercise Physiologist at DCFL. I am most enthusiastic about working with individuals on their functional fitness while maintaining their activities of daily living. I believe exercise should be performed mindfully and with intention. Outside of work, I like to refurbish furniture, go kayaking, do yoga, and walk my dog, Moose. I also enjoy baking so send me all your recipes! I am looking forward to meeting everyone!

## CHATHAM COUNTY SENIOR GAMES



DCFL hosted the swimming events for the Senior Games on April 30th. Congratulations to our swimmers who all had great races and are moving forward to the state meet!

## YOU'RE INVITED

Check out these upcoming events at Galloway Ridge that you are welcome to attend. Please enter through the Galloway Ridge main entrance for all events, further direction will be available at the Reception Desk.

Registration is not required for the following events.

### ARE YOU AT RISK? LIPID TRANSPORT IN THE BRAIN IN HEALTH AND DISEASE

**Date:** Thursday, June 27th  
**Time:** 2:00pm-3:00pm  
**Location:** Chapin Auditorium

Dr. Sarah Cohen will discuss the ApoE4 allele being the biggest genetic risk factor for developing late onset Alzheimer's disease. ApoE is highly expressed in astrocytes and is a key component of lipoprotein particles, which transport lipids from astrocytes to neurons.

### ApoE, ALZHEIMER'S AND AGING

**Date:** Thursday, July 25th  
**Time:** 2:00pm-3:00pm  
**Location:** Chapin Auditorium

During this talk, Dr. Tagliaferro will explore the effects of the different ApoE genotypes on phenotypic consequences related to aging on pathology-relevant cells using engineered-stem cells isogenic for ApoE.

## MEMBER REFERRAL PROGRAM



Members-- Refer a friend through the month of June and receive a choice of free select services. *Contact Member Services for more details.*

## MEMBER NOTES

### Holiday Hours

Thursday, July 4th  
(Independence Day) - CLOSED

### Etiquette Reminders

Limit your time on cardio machines to 30 minutes as a courtesy to others waiting to use them. Varying your workout by using other machines benefits everyone. Need help learning piece of equipment? Just ask a member of the fitness team for help!

Please limit your workout when other lap swimmers are waiting. Lane sharing is optional but encouraged. Lanes can be split in half or can be used for circular swimming if desired.

### Director

Amber Poinsett-Smith  
[asmith@gallowayridge.com](mailto:asmith@gallowayridge.com)

### Member Services Manager

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

### Fitness Manager

Kayla Laird  
[klaird@gallowayridge.com](mailto:klaird@gallowayridge.com)

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## BOYS AND GIRLS CLUB TO VISIT DCFL POOL



**Date:** July 9th, 11th, 23rd & 25th

**Time:** 2:30pm - 3:30pm

Galloway Ridge and DCFL are partnering with the Boys and Girls Clubs of Central Carolina to provide summer programming opportunities to the children of Chatham County. **The DCFL pool will be closed for the participating children on the above dates and times.** Thank you for supporting our efforts to grow and support our local youth.

## SUMMER STUDENT GUESTS



Do you have a student in your life who has some time on their hands this summer? Let us help them to achieve their personal fitness goals and maintain a healthier lifestyle while they enjoy their school break. *Special Student Guest Rate offer valid June 1st - August 31st, 2019. See Member Services for additional information and age requirements.*



## NIA SERIES

**Date:** Tuesdays,  
June 18th – July 23rd  
(6-week series)

**Time:** 10:00am – 10:45am

**Cost:** \$36 members,  
\$84 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.*



## COUNTRY LINE DANCING

**Date:** Friday, July 19th

**Time:** 1:00pm

**Cost:** Free

Learn how to move to some of the most popular country line dances around! Including:

Cotton Eyed Joe  
Watermelon Crawl  
Cowgirl Twist

*Space is limited, registration required.*

## LINE DANCING

**Date:** Friday, June 14th

**Time:** 1:00pm

**Cost:** Free

Get ready to hit the dance floor! Come to this class to learn and practice popular party line dances, including:

Cha Cha Slide

Jump On It

Macarena

*Space is limited, registration required.*

## BUILDING EASE & MOBILITY: A SOFT ROLLER SERIES

**Date:** Mondays, July 15th – 29th

**Time:** 12:45pm-1:45pm

**Cost:** \$42 members,  
\$63 non-members

Release connective tissue (fascia), increase mobility and flexibility, improve alignment and relieve joint pain through guided exercises. Soft rollers and other props will be used on a mat for the floor exercises. *Space is limited, registration required.*

## TRX FUNDAMENTALS

**Date:** Tuesday, June 18th

**Time:** 4:45pm-5:15pm

**Cost:** Free

Are you interested in TRX Suspension Training but not quite sure how it works? Be sure to check out our monthly TRX Fundamentals class! You will learn the basic principles and safety considerations while practicing some common TRX exercises. All fitness levels are welcome! *Space is limited, registration required.*

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## JUNE WELLNESS SEMINARS

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



### POWER YOUR HIPS: LEARN THE KETTLEBELL SWING

**Date:** Friday, June 7th  
**Time:** 1:00pm

Come to this seminar to learn the proper movement techniques for the kettlebell swing and deadlift, which will help you to build power and strength through your hips.



### PROPER FOOTWEAR FOR RUNNING AND WALKING – BULL CITY RUNNING CO.

**Date:** Thursday, June 20th  
**Time:** 1:30pm

This educational seminar will teach you the importance of proper footwear for walking and running from the experts at Bull City Running Co. Stick around after the seminar for shoe fittings, bra fittings, and shoe recommendations.



### KEISER FUNCTIONAL TRAINER 101

**Date:** Tuesday, June 25th  
**Time:** 5:00pm

The Keiser Functional Trainer is a multi-functional machine that can be used by individuals at any fitness level. Using pneumatic resistance and interchangeable attachments, it can be used to perform hundreds of different exercises. Come to this seminar to learn more about the functional trainer and all of its capabilities.

## JULY WELLNESS SEMINAR TOPICS

- Diet Tips for People Who Hate “Dieting”
- Pool Exercises to Beat the Summer Heat
- Hydration Habits: All You Need to Know About H2O



### BULL CITY RUNNING CO. SHOE AND BRA FITTINGS

**Date:** Thursday, June 20th  
**Time:** 2:15pm – 3:30pm

Not all feet are created equal! Different types of feet and mechanics require different types of shoes. Let the BCRC fit team make specific recommendations for the shoe or bra that's right for you! *No registration required.*

### TAI CHI SUMMER UPDATE

Tai Chi class will be cancelled for the months of July and August due to an instructor leave of absence. Classes will resume on Tuesday, September 3rd at 2:00pm.



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