

NEWS — IN THE — CENTER

AUGUST - SEPTEMBER 2019

SOCIAL MEDIA



AUGUST SALE

ENJOY 10% OFF ALL SERVICES!

Throughout August, DCFL is offering 10% OFF the following services: Personal Training – Pilates Reformer Training – Massage Therapy – Gait Analysis – Posture Analysis.

*Offer expires August 31, 2019. Not valid with other discounts or promotions. **Limit two packages per member.***

SMOOTHIE BAR



Date: Wednesday, August 14th

Time: 9:00 am - 11:00 am

Cost: Free

Come enjoy a summer treat with us! Stop by DCFL, where we will be offering a variety of healthy smoothie options.

SEPTEMBER SALES

END OF SUMMER SALE!

Enjoy 15% off all T-shirts, tanks, and hats during the month of September or while supplies last.

Sale ends September 30, 2019. Not valid with other discounts or promotions.

ALL YOGA ITEMS ON SALE!

Enjoy 15% off all yoga items in the DCFL Pro Shop during the month of September.

Sale ends September 30, 2019. Not valid with other discounts or promotions.

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



The Chatham County Alzheimer's 5k Walk and Run will be held on Saturday, **September 14, 2019**. All funds raised from the event help to support, educate, and improve the lives of those affected by Alzheimer's disease. This community event will start with race registration at 7:00 am 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 am, and the official walk and run will start at Galloway Ridge at 8:30 am. It isn't too late to register! *Please register online by using the link on the DCFL home page, www.DukeFitnessFearington.com.*

MEET THE FITNESS TEAM



CHEYANNE MOXLEY: (Middle)

My name is Cheyanne and I'm from the small town of Franklinton, NC. I went to school in the heart of Raleigh at Meredith College and have obtained my Exercise and Sport Science degree with a concentration in health and wellness. Before coming to DCFL, I also worked as a group fitness instructor and personal trainer both on and off-campus!

CODY MILLER: (Right)

My name is Cody Miller. I grew up on a dairy farm and some of my hobbies include line dancing and archery. I have two dogs Brody and Sage. I obtained my degree in Sport Management with a Specialization in Exercise Science from Kutztown University of Pennsylvania. I'm excited to continue my development as an Exercise Physiologist and looking forward to be teaching exercise classes and personal training.

CHRIS MOODY: (Left)

I'm Chris, and I'm originally from the Cleveland area and moved to North Carolina for graduate school. I completed my MS in Kinesiology with a concentration in Exercise Physiology from ECU (Go Pirates)! In my spare time, I pick up heavy things and set them back down, also known as competitive powerlifting.

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

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.

IMMUNE RESPONSE IN THE BRAIN AND ITS RELATIONSHIP TO ALZHEIMER'S

Date: Thursday, August 29th

Time: 2:00 pm - 3:00 pm

Location: Chapin Auditorium

Dr. Carol Colton has focused her career on examining pathophysiological processes in the brain that are associated with neuro-degeneration and brain immunity. She has found that pathology in CVN-AD mice is driven by abnormal brain immune repair mechanisms that alter the levels of critical nutrients in the brain's micro-environment. *No registration required.*

SACRED SOUNDS MEDITATION

Date: Monday, August 19th

Time: 11:00 am - 12:00 pm

Location: Chapin Auditorium

Garth Robertson and Amy Durso offer healing meditation with sounds from around the world – from chimes and flute to didgeridoo and gong – that lift your spirit, soothe the heart and calm the body. Come experience the healing gifts of vibrational medicine. *Register by contacting Cori Cansler at ccansler@gallowayridge.com or 919-545-2661.*

ALZHEIMER'S CAMPAIGN KICK-OFF: NU-STEP TO END ALZHEIMER'S RE-CAP



Exercise is a preventable way to reduce your risk of developing dementia. To raise awareness we did a Nu-Step challenge! We had someone on the Nu-Step from open to close. A big thank you to everyone who participated either by stepping or donating. **We raised a total of \$449!**

MEDICAL FREEZE



Notify Member Services as soon as possible in the event of an injury or illness that prevents you from using the facility for an extended period. A medical freeze of your membership is available in increments of one month up to a maximum of six months with no fee and is not retroactive. A physician's note must be received to include the dates that you will not be able to use the facility. Member Services is available to assist you with completing the form and to answer any questions.

MEMBER NOTES

Facility Hour Updates

Monday, September 2nd
CLOSED for Labor Day

Saturday, September 14th
DCFL will open at 7:00 am to allow restroom and locker room access to 5k participants. Please note that parking will be limited during the event. Please plan your workouts accordingly.

IS YOUR MEMBERSHIP UP FOR RENEWAL?

As a courtesy you may receive a reminder email or phone call prior to the end of your membership contract. For the best service, we ask you to stop by the Member Services desk at the beginning of your renewal month between 8:00 am and 4:00 pm Monday through Friday. **Renew by the 15th of the month and receive a complimentary guest pass!** Members who allow their contracts to lapse will be required to pay an enrollment fee upon rejoining, so come in early!

Director

Amber Poinsett-Smith
asmith@gallowayridge.com

Fitness Manager

Kayla Laird
klaird@gallowayridge.com

Member Services Manager

Linda Barnette
lbarnette@gallowayridge.com

NIA (3-WEEK SERIES)

Dates: Tuesdays,
September 10th – 24th
Time: 10:00 am – 10:45 am
Cost: \$18 members,
\$42 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.



LINE DANCING

Date: Friday, August 2nd
(Rescheduled from June 14th)
Time: 1:00 pm – 1:45 pm
Cost: Free

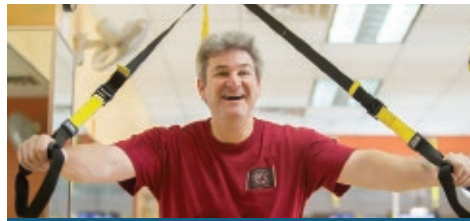
Get ready to hit the dance floor! Come learn and practice popular party line dances, including: Cha Cha Slide, Jump On It, Macarena.

Space is limited, registration required.

Date: Friday, August 16th
Time: 1:00 pm – 1:45 pm
Cost: Free

Line dance to some of today's most popular, upbeat hits, including: Taylor Swift's *Shake It Off*, Bruno Mars' *24K Magic*, and Katy Perry's *Roar*.

Space is limited, registration required.



TRX FOR BEGINNERS

Date: Mondays,
September 9th – September 30th
Time: 1:00 pm – 1:45 pm
Cost: \$24 members,
\$56 non-members

Develop strength, balance, flexibility, and core stability using only your bodyweight. This TRX series will progress at a slower rate to help you become more familiar and confident using the TRX.

Space is limited, registration required.



STRONG DEMO CLASS

Date: Sunday, August 25th
Time: 3:00 pm – 4:00 pm
Cost: Free

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. STRONG by Zumba® has options to suit your specific goals.

No registration required.

NATIONAL YOGA MONTH

In celebration of National Yoga Month in September, we encourage you to try one of our many yoga classes including two special classes we will be holding.

BROGA AND BREWS

Date: Friday, September 6th
Time: 4:15 pm – 5:00 pm
Cost: Free

This beginner yoga class is geared towards men who may not feel ready for other yoga classes. A complimentary beer tasting will follow the class.

Anyone over 21 is welcome. Space is limited, registration required.

CHAIR YOGA

Date: Thursday, September 26th
Time: 2:00 pm – 2:50 pm
Cost: Free

Learn ways to perform basic yoga poses in a seated or standing position while using the chair for support. This class will focus on basic yoga postures designed to improve strength, flexibility, and balance.

Space is limited, registration required.

FALLS FREE DAY CLASS

Date: Monday, September 23rd
Time: 4:30 pm – 5:15 pm
Cost: Free

Join us for a special balance class where you will learn and practice balance exercises to incorporate into your routine and help you stay on your feet! *All fitness levels welcome.*

Space is limited, registration required.

AUGUST WELLNESS SEMINARS

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



SEASONALITY OF FOOD: THE BENEFITS OF EATING SEASONABLE PRODUCE

Date: Friday, August 2nd
Time: 12:30 pm
Cost: Free

Are you confused by mixed messages about the freshness and quality of your produce? Seasonal produce refers to the times of year when harvest or flavor of a given type of food is at its peak. This seminar will expose you to what it means to eat seasonally, locally, and organic, as well as the benefits to you and the environment.



HOW TO USE THE KEISER POWER RACK

Date: Tuesday, August 13th
Time: 9:00 am
Cost: Free

The Keiser Power Rack may look intimidating and/or complicated, but this machine can be very simple to use once you understand the basics. The power rack has versatility for all fitness levels. Come to this seminar to find out how it may complement your exercise program.



CANCER AND EXERCISE: WHAT YOU SHOULD KNOW

Date: Monday, August 19th
Time: 1:00 pm
Cost: Free

Have you or a loved one been diagnosed with cancer? Did you know that staying physically active can help combat the side effects of cancer and its treatments? Join us to discuss the benefits of exercise and learn the safety precautions to follow while exercising during cancer treatment.

SEPTEMBER WELLNESS SEMINAR TOPICS

- Components of Balance
- Breathing Techniques and Meditation Exercises
- Yoga Basics

TAI CHI SUMMER UPDATE

Tai Chi class will be cancelled for the month of August due to an instructor leave of absence. Classes will resume on Tuesday, September 3rd at 2:00 pm. Check out our Group Exercise schedule for all regularly scheduled class days and times!



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