

# NEWS — IN THE — CENTER

DECEMBER 2019 &  
JANUARY 2020

## SOCIAL MEDIA



@DCFLFearington

## PRO SHOP UPDATES!

### 10% Off All Items

10% off all items in the DCFL Pro Shop. Stock up on holiday gifts for friends, family and loved ones.

*Offer excludes food and beverage items and prior purchases. Not valid with other discounts or promotions. Sale ends December 31st, 2019.*

## GIVE THE GIFT OF WELLNESS THIS HOLIDAY SEASON!

Gift cards are available for purchase at Member Services. Gift cards can be used to purchase:

- Pro Shop Items
- Massage
- Personal Training
- Pilates Reformer Training
- Swim Lessons

## ENJOY 10% OFF ALL SERVICES

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

Sale ends December 31st, 2019.  
*Not valid with other discounts or promotions.*



## SPREAD JOY, NOT GERMS

According to the CDC, keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. As cold and flu season is upon us, we encourage you to protect yourself. Stop the spread of germs that make you and others sick. Cover your mouth when you cough and always remember to wash your hands with soap and warm water or hand sanitizer

## HOLIDAY PROGRAMMING

Our holiday challenges **Elf on the Shelf** and **12 Days to Wellness** will be happening through Monday, December 23rd. Stop by the Fitness Desk or see flyers for more information. Each challenge will have a raffle prize drawing for all who complete!



## CORA FOOD DRIVE

Support Chatham County families that are in need of emergency food by donating non-perishable food items to CORA during the month of December. The CORA donation bin can be found in our lobby. Thank you for supporting the largest food pantry in Chatham County.

## SWIM LESSONS ARE BACK!

Are you interested in learning how to swim or improve your swim stroke? Julie Snyder, one of our Exercise Physiologists is here to assist you. She is Water Safety Instructor and Lifeguard certified and will be offering one-on-one lessons in the pool. If you are interested, pick up an information slip from the information board. *Sessions must be purchased through Member Services.*

## CHAIR YOGA

**Dates:** Thursdays, starting December 5th

**Time:** 2:00pm - 2:50pm

**Cost:** Free

You asked, we listened! Chair yoga will be offered as a regular group exercise class beginning in December. Relax, restore and revitalize the mind with basic yoga postures while using the chair for support. Great for beginners!

*No registration required.*

*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 this upcoming event 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.

### SACRED SOUNDS MEDITATION WITH GARTH ROBERTSON AND AMY DURSO

**Date:** Thursday, December 19th

**Time:** 11:00am - 12:00pm

**Location:** Chapin Auditorium

Garth and Amy 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. *Registration is required by emailing Cori Cansler at [ccansler@gallowayridge.com](mailto:ccansler@gallowayridge.com) or calling (919)-545-2661.*

### FOOD AND ACTIVITY LOG

Is your New Year's resolution to improve your health? We are giving away a limited amount of food and activity logs to keep you on track. Pick up your log at the Fitness Desk. Accountability is the best way to achieve your goals!



## WELCOME STEPHANIE!



My name is Stephanie Winegar. I am originally from New York and I moved to Chapel Hill over 12 years ago to be closer to my sister Luna, who is a local artist. I have worked in a variety of sales and marketing positions, but my passion lies in health, wellness, and mindful practices. I was a medical massage therapist for over 20 years specializing in oncology and fragile medical conditions working within hospital settings and hospice care. I married Steven Winegar last year who is a Mortgage Loan Officer, and I have two grown step-children, Hannah and David. I am passionate about art, crossword and jigsaw puzzles, and trivia.

### WINTER WEATHER POLICY

If the weather turns wintry, check with us concerning potential changes in hours of operation before your trip to DCFL. Changes can be found by calling Member Services at (919) 545-2133, checking our website at [dukefitnessfearington.com](http://dukefitnessfearington.com), or in your email. If you don't currently receive emails from us, stop by Member Services to update your information.

## MEMBER NOTES

### Facility Hours

**Friday, December 13th** - Open 6am – 6pm — Closing one hour early for a Galloway Ridge All Staff Celebration

**Tuesday, December 24th** - Christmas Eve - Open 6am – 2pm

**Wednesday, December 25th** - Christmas Day - CLOSED

**Thursday, December 26th** - Open 6am – 8pm, no group exercise classes

**Tuesday, December 31st** - New Year's Eve - Open 6am – 2pm

**Wednesday, January 1st** - New Year's Day - CLOSED

### Lost and Found

Personal items left on the coat racks and in the locker rooms at the end of each day are stored in our Lost and Found. After 30 days usable goods are donated to charity. Before you leave the facility please be sure you have all your personal items. If you are missing anything, report it to Member Services and if found you will be notified. Also, please be sure the coat or jacket you take from the rack is yours! Thank you for your cooperation.

### Director

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

### Fitness Manager

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

### Member Services Manager

Stephanie Winegar  
[swinegar@gallowayridge.com](mailto:swinegar@gallowayridge.com)



# Duke Center for Living at Fearington

100 CLYNELISH CLOSE

PITTSBORO, NC 27312

(919) 545-2133

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

## POSTURE PROGRAM

**Date:** Tuesdays, January 21st – March 10th

**Time:** 1:00 pm – 1:45 pm

**Cost:** Members \$80,  
Non-members \$120

This eight week program is designed to improve whole body 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 throughout the program to increase safety and efficiency in how you sit, stand and move.

*Space is limited, registration required.*



## NIA SERIES

**Date:** Tuesdays,  
January 7th – February 4th  
(5-week series)

**Time:** 10:00am – 10:45am

**Cost:** \$30 Members,  
\$70 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.*

## WOMEN ON WEIGHTS

**Date:** Mondays and Wednesdays,  
January 13th – March 4th

**Time:** 1:00 pm – 2:00 pm

**Cost:** \$238 members,  
\$357 Non-members

Women on Weights is an eight-week resistance training program for women. The program is in a small group setting to ensure personalized attention and maximal results!

*Space is limited, registration required.*



## LINE DANCING

**Date:** Friday, December 20th

**Time:** 1:00 pm – 1:50 pm

**Cost:** Free!

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

The Wobble  
Cupid Shuffle  
Cotton Eyed Joe

*Space is limited, registration required.*

## LINE DANCING

**Date:** Friday, January 24th

**Time:** 1:00 pm – 1:50 pm

**Cost:** Free!

Come to this class to learn line dances set to some of today's most popular upbeat, feel-good songs including:

Justin Timberlake's "Can't Stop the Feeling"  
Pharrell's "Happy"  
Bruno Mars' "Uptown Funk"

*Space is limited, registration required.*

## TRX BOSU FUSION SERIES

**Date:** Thursdays in February

**Time:** 4:00 pm – 4:45 pm

**Cost:** \$24 Members,  
\$56 Non-members

This strength-based class will focus on challenging your balance and core strength by incorporating both the TRX and BOSU balance trainer.

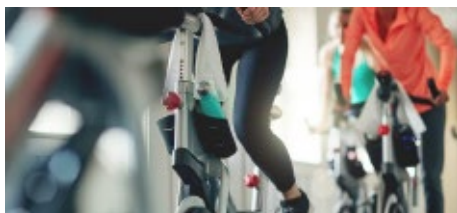
*Space is limited, registration required.*

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## DECEMBER WELLNESS SEMINARS

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



### INDOOR CYCLING 101

**Date:** Thursday, December 5th

**Time:** 11:00 am – 11:30 am

Indoor group cycling is a fun, cardiovascular-focused class that helps to improve fitness while allowing you to modify your own intensity. Join us on our Keiser indoor cycling bikes to learn about bike set-up, proper form, and common terminology. Meet upstairs in the cycle area.



### BUILDING FOOT AND ANKLE STRENGTH FOR BALANCE

**Date:** Friday, December 13th

**Time:** 2:30 pm – 3:15 pm

Balance starts with a strong base of support. If you want to maintain or improve your balance, you have to start from the ground and work your way up! Where better to start than the feet? Come to this seminar to learn exercises that strengthen the feet and ankles in order to maintain/improve balance.



### FRONT CRAWL 101

**Date:** Wednesday, December 18th

**Time:** 1:00 pm – 1:30 pm

This seminar will cover the basics of the freestyle stroke or front crawl. Meet on the pool deck. Getting in the pool is optional.

### JANUARY WELLNESS SEMINAR TOPICS

- Cardiac Risk Factors and Steps to a Healthier Heart
- Shoulder Mobility and Strengthening
- Build a Better Buttocks

### MEMBER MIX AND MINGLE RECAP

A big thank you to everyone who came out and participated in our Member Mix & Mingle on November 7th. We hope you enjoyed the food, music and raffles!

### ATTENTION HOLIDAY HOLD'EM PARTICIPANTS!

Don't forget to weigh back in between January 3rd and 9th with a member of the Fitness Staff. All participants who maintain their weight will be entered into a prize drawing for a restaurant gift card!

### YOGILATES

**Date:** Mondays, December – February

**Time:** 2:00 pm – 3:00 pm

Build strength and flexibility by combining the flow of yoga with the principles of Pilates. This class will be offered on a temporary basis in place of intermediate Pilates. Yoga and/or Pilates experience is recommended.



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