

NEWS

— IN THE —

CENTER

DECEMBER & JANUARY

SOCIAL MEDIA

FOLLOW US ON FACEBOOK!

Stay up to date on events, classes, hours, and announcements by liking us on Facebook!

 @DCFLFearington

PRO SHOP UPDATES

PRO SHOP SALE!

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, 2018.

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**

Sale ends December 31st, 2018. Not valid with other discounts or promotions.

WARM UP WITH HOT STONE MASSAGE



Temperatures are dropping making this a perfect time to get a Hot Stone Massage with one of our licensed Massage Therapists. Hot Stone Massages are available in Standard (60-minute) and Deluxe (90-minute) sessions. Save during the month of December with **10% off all massage sessions** including Hot Stone Massage.

Please note that same-day appointments are not able to be booked for hot stone services. Sale ends December 31st, 2018. Not valid with other discounts or promotions.

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
- *Specialty Programs and Series

WOMEN ON WEIGHTS

When: Mondays and Wednesdays, 1:00pm-2:00pm
January 21st- March 13th

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

Women on Weights is an 8-week weight-training program for women. This program is run with a small group to ensure personalized attention, maximal learning and results. *Space is limited, registration required.*

CORA FOOD DRIVE

Support Chatham County families 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.

COMING SOON EXTENDED SUNDAY HOURS

We are excited to announce that our Sunday hours will be extending starting Sunday, January 20th 2019! Our NEW Sunday hours will be 9:00am to 5:00pm.

Duke Center for Living at Fearington

100 CLYNELISH CLOSE
PITTSBORO, NC 27312
(919) 545-2133
www.dukefitnessfearington.com

FOOD AND ACTIVITY JOURNALS

Free to the first 25 members starting in January! Tracking food intake and exercise can help you start off the new year on the right foot. Request a complimentary journal at the Member Services desk starting January 2nd and turn in completed journals by Friday, March 1st for an entry into a prize drawing.

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 with regular hand washing and taking advantage of the multiple hand sanitizer stations available throughout the facility.

REMINDER – NEW LOCKER KEY SYSTEM

After depositing your belongings into a locker, be sure to take the key with you. **DO NOT LEAVE** the key in the lock with your personal items inside. It has been reported that some members

are not taking their key when they enter the pool or fitness area causing confusion for others. *DCFL is not responsible for items left in lockers. All items remaining in lockers at facility closing will be removed. Lockers are for daily use only unless an agreement is signed and fees are paid to rent a locker.*

MOVE BETTER IN 2019 WITH A POSTURE ANALYSIS OR GAIT ANALYSIS



Posture Analysis: Looking to improve your posture in 2019? See Kayla for a posture analysis to learn exactly where your posture needs improvement and recommendations on how to get there.



Gait Analysis: An imbalance in your stride mechanics or poor choice of footwear can slow you down or even keep you sidelined completely. Schedule an analysis with Seth aimed at fixing that stubborn hitch in your giddy up.

Cost per analysis:

\$38 members, \$44 non-members

Save 10% when you purchase in December

MEMBER NOTES

Facility Hours:

Friday, December 14th – Closing one hour early at 6:00pm for a Galloway Ridge All Staff event.

Monday, December 24th – Christmas Eve – Open 6:00am-2:00pm (no group exercise classes)

Tuesday, December 25th – Christmas Day – CLOSED

Wednesday, December 26th – Day after Christmas – Open 6:00am-8:00pm (no group exercise classes)

Monday, December 31st – New Year's Eve – Open 6:00am-2:00pm

Tuesday, January 1st – New Year's Day – CLOSED

Regular hours and classes will resume on Wednesday, January 2nd.

Director

Jennifer Rehm
jrehm@gallowayridge.com

Fitness Manager:

Amber Poinsett
apoinsett@gallowayridge.com

Member Services Manager:

Linda Barnette
lbarnette@gallowayridge.com



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



**NIA (4-WEEK SERIES)
2 SESSIONS!**

When: Tuesdays,
10:00am- 10:45am

Session Dates:
January 8th- January 29th
February 5th- February 26th

Cost per session:
\$24 members,
\$56 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

When: Friday, December 14th at
1:00pm

Cost: Free!

Get ready to hit the dance floor at your holiday party! We will learn and practice popular party line dances, including: Cupid Shuffle, Cotton Eyed Joe, and Macarena. *Space is limited, registration required.*

LINE DANCING

When: Friday, January 25th at
1:00pm

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" and Bruno Mars' "Uptown Funk." *Space is limited, registration required.*



**TRX: POWER AND
STRENGTH**

When: Thursdays,
4:00pm-4:45pm
January 10th-January 31st

Cost: \$24 members,
\$56 non-members

Fitness Level: Intermediate to
Advanced

This class will combine TRX training with power moves. This mix of gravity resistance and movement provides the ultimate workout to train strength, endurance, balance, coordination, flexibility, power, and core stability. *Space is limited, registration required.*



**NEW ONGOING GROUP
EXERCISE CLASS:
FITCAMP**

When: Every Tuesday,
5:30pm-6:30pm
Starting February 6th

Fitcamp is for anyone ready to work on improving their current level of fitness! This circuit style class will incorporate a variety of equipment on the fitness floor including free weights, Keiser machines, BOSU balance trainers, resistance bands and more to improve strength, power, and cardiovascular fitness. *Space is limited to six participants. Registration is required no sooner than 24 hours in advance by visiting our Online Member Portal or calling our Member Services*

**ELF ON THE SHELF AND
12 DAYS OF WELLNESS**
are back to help encourage you and keep you accountable throughout the holidays. Both programs feature prize drawings for participants! See flyers for more details.

WELLNESS SEMINARS ➔

DECEMBER WELLNESS SEMINARS

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



COMMON OVERUSE INJURIES FOR RUNNERS AND WALKERS

Date: Monday, December 3rd
Time: 4:30pm-5:00pm

Overuse injuries are common amongst runners and walkers alike. Please join us for an interactive presentation from Fleet Feet on common overuse injuries and some easy ways to overcome and prevent them. We will discuss issues such as Plantar Fasciitis, knee pain and other common inflammatory conditions.



WORKING OUT IN THE WINTER: HOW TO STAY IN-SHAPE INDOORS

Date: Tuesday, December 11th
Time: 1:00pm-1:30pm

Inclement weather, reduced daylight, and post-holiday weight gain can doom your fitness regimen if you don't have a proper plan. Come learn how the winter season influences your overall well-being and what you can do about it.



HOW TO USE THE KEISER POWER RACK

Date: Monday, December 17th
Time: 5:30pm-6:00pm

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 compliment your exercise program.

JANUARY WELLNESS SEMINARS

- All About Sleep from A to Zzzz
- Perfecting Your Posture
- Your Hips Don't Lie: The Importance of Strong Hips

ATTENTION HOLIDAY HOLD'EM PARTICIPANTS

Make sure to check your email for weekly wellness tips! Remember to see a member of the Fitness Team for your final weigh-in January 2nd- 9th. Participants earning their wager back and winners of the prize drawing will be contacted the following week and will be able to pick-up their money and/or prizes after January 14th.

We hope you enjoyed all of the decorated pumpkins created by our talented staff. Thank you to all who voted and helped to crown the Tin Man pumpkin as this year's winner!



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