

MONDAY

7:00-7:45a	Strong & Limber
8:00-8:45a	Cardio Moves
9:00-9:45a	Chair Fitness
9:00-9:50a	Group Cycling*
10:00-11:00a	Yoga I
11:00-11:50a	Group Cycling*
11:15-12:30p	Yoga I & II
2:00-3:00p	Intermediate Pilates
3:15-4:15p	Yoga I
5:30-5:45p	Core
5:45-6:30p	Total Body Strength
6:30-7:20p	Group Cycling*

TUESDAY

8:00-8:50a	Step Aerobics
9:00-9:45a	Full Body Stretch
11:00-11:15a	Core
11:15-12:00p	Strong & Limber
2:00-3:00p	Tai Chi
3:15-4:30p	Vinyasa Yoga
5:30-6:20p	Zumba®
5:30-6:30p	Fitcamp*
6:30-7:30p	Evening Yoga

WEDNESDAY

7:00-7:45a	Strong & Limber
8:00-8:50a	Zumba®
9:00-9:45a	Chair Fitness
9:00-9:50a	Group Cycling*
10:00-11:00a	Yoga II
11:15-12:00p	Barre*
2:15-3:00p	TRX Body Blast*
3:30-4:30p	Mat Pilates
5:30-5:45p	Core
5:45-6:30p	Total Body Strength
6:30-7:20p	Group Cycling*

*Denotes class that requires sign-up. This may be done no sooner than 24 hours in advance by visiting our Online Member Portal or calling our Member Services desk at 919.545.2133. When the facility is closed, phone messages should be left on the DCFL voicemail and are taken on a first come, first served basis.

THURSDAY

8:00-8:50a	Step Aerobics
9:00-9:45a	Full Body Stretch
10:00-11:00a	Gentle Yoga & Meditation
11:15-12:00p	Strong & Limber
2:00-2:50p	Chair Yoga
3:00-3:45p	Power Flow
5:15-6:00p	Functional Conditioning
6:30-7:30p	Evening Yoga

FRIDAY

7:00-7:45a	Strong & Limber
8:00-8:50a	Zumba®
9:00-9:45a	Chair Pilates
9:00-9:50a	Group Cycling*
10:00-11:00a	Intermediate Pilates
11:00-11:50a	Group Cycling*
11:15-12:15p	Yoga I

SATURDAY

9:00-10:15a	Saturday Yoga-Rotating Instructor
10:30-11:45a	Saturday Yoga-Rotating Instructor

SUNDAY

2:30-3:20p	Zumba Gold®
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REMINDERS:

- ◆ Please arrive 5 minutes prior to class start time, especially for mind-body classes.
- ◆ Classes are subject to change based on low attendance, instructor availability and facility needs.
- ◆ Please see Pool Schedule for aquatic classes.

Check out all the happenings at www.DukeFitnessFearington.com and visit the DCFL Online Member Portal!

DCFL Member portal allows members to:

- Electronically sign up for Wellness Seminars and Group Exercise classes requiring sign-up
- View which instructors are teaching which classes

EXERCISE STUDIO

***Barre:** This ballet inspired class provides a total body workout by blending body weight strength training and muscle conditioning. Strong emphasis on lower body, core strengthening and balance work.

***Cardio Moves:** This class combines traditional aerobics movements set to music to deliver a high cardiovascular low impact workout.

***Chair Fitness:** This class uses easy to follow moves, focusing on balance, strength and coordination. While the entire class may be done from a chair, some standing options are given. Great for beginners and those with physical limitations.

***Core:** This 15 minute class works to strengthen and firm your abdominal region and lower back, improve balance and stability.

***Fitcamp:** This circuit style class will incorporate a variety of equipment on the fitness floor, including: free weights, Keiser machines, BOSU balance trainers and more!

***Full Body Stretch:** This class leads you through variety of stretches to help improve overall flexibility, mobility and posture.

***Functional Conditioning:** This multimodality class utilizes TRX, kettlebells, various strength equipment and cardio drills, while using complex and compound movements.

***Step Aerobics:** A great low-impact cardio workout that uses the step to increase intensity, offering fun choreography that is sure to keep you moving.

***Strong & Limber:** Perform strength and flexibility exercises for all major muscle groups with various strength training equipment.

***Total Body Strength:** A Strength training workout utilizing hand weights, body bars, resistance tubing, and body weight resistance to increase lean muscle tissue, strength, and metabolism from head to toe.

***TRX Body Blast:** This choreographed, non-stop workout builds strength, balance, and flexibility using the TRX straps and your bodyweight. ***TRX Fundamentals required.**

Zumba®: Zumba is a Latin inspired dance-fitness program that blends international music and contagious steps to form a “fitness party” that is downright addictive!

Zumba Gold®: Easy to follow choreography focusing on balance, range of motion, and coordination.

CYCLING

***Group Cycling:** Music guides participants through a series of drills including flat roads, hills, and sprints. This class can be challenging, but allows everyone to work at their own pace.

MIND-BODY EXERCISE

***Chair Pilates:** Lengthen muscles and strengthen the core with seated and standing Pilates movements. Chairs and props are used in this class but no mat work.

***Intermediate Pilates:** This class moves at a more rapid pace and will include more intermediate level Pilates exercises. Equipment may be incorporated into the traditional flow of mat work for added resistance and challenge. ***Pilates experience is recommended.**

***Mat Pilates:** Practice the principles of Pilates combining proper form with breathing technique. Slow, controlled movements are used to strengthen the abdominals, back and hip girdle muscles. All levels are welcome.

***Chair Yoga:** Relax, restore, and revitalize the mind with basic yoga postures while using the chair for support.

***Evening Yoga:** Relax and unwind after a workout or a long day. Mild stretches and restorative poses release tension and re-set your nervous system.

***Gentle Yoga & Meditation:** Bring balance back into your body and mind through gentle stretching, postural awareness, breathing and relaxation. Great for first timers!

***Power Flow:** A fitness based style of yoga that emphasizes full body strength and flexibility using basic, intermediate, and advanced postures.

***Saturday Yoga:** Rotating instructors will offer a variety of yoga including Therapeutic, Anusara and Vinyasa Yoga. The monthly schedule is posted on the studio door.

***Vinyasa Yoga:** Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage each student to work within their own levels. ***Yoga experience is recommended.**

***Yoga I:** Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

***Yoga I and II:** Learn beginner to intermediate poses and breathing techniques while focusing on strength, flexibility & balance. Alignment based approach is offered with modifications and props as needed to realize the full benefit of each pose. A basic knowledge of yoga is helpful but not required.

***Yoga II:** Class focuses on an intermediate practice, including standing poses, while staying within a comfortable range. ***Yoga experience is recommended.**

***Tai Chi:** Serenity through gentle movements connecting the mind and body; used for stress reduction and to improve health, balance and flexibility.

**Hours of Operation: Mon-Thurs 6am-8pm/ Fri: 6am-7pm/ Sat: 8am-4pm/Sun: 9am-5pm
(919) 545-2133 www.dukefitnessfearrington.com**