

OCT
2020

GROUP EXERCISE

MONDAY

- 8:00-8:45 AM Outdoor Strong and Limber*
9:30-10:00 AM Chair Fitness
11:00-11:45 AM Yoga Flow

TUESDAY

- 9:30-10:20 AM Zumba Gold
11:00-11:50 AM Strong and Limber
5:30-6:30 PM Bootcamp*

WEDNESDAY

- 8:00-8:45 AM Outdoor Strong and Limber*
9:30-10:00 AM Chair Fitness
11:00-11:45 AM Cardio Intervals
4:00-5:00 PM Yoga I

THURSDAY

- 9:30-10:20 AM Zumba
11:00-11:50 AM Strong and Limber

FRIDAY

- 8:00-8:45 AM Outdoor Strong and Limber*
9:30-10:00 AM Chair Fitness
11:00-11:45 AM Cardio Intervals
4:00-5:00 PM Yoga I & II

Outdoor Group Exercise

*Denotes class that is outdoors and requires sign-up. This may be done no sooner than 7 days in advance by visiting our Online Member Portal or calling our Member Services desk at 919.545.2133. Voicemails will be addressed as soon as possible. Space is limited to 8 participants per class.

Updated:
9/23/2020

Zoom Meeting IDs

Through your internet browser go to:
www.zoom.us/j/2731227312

- Visit the link above to access the class you would like to take during its scheduled time.
- Press enter and follow any additional prompts.
- Have fun!

Meeting ID # for ALL virtual classes is:
27312 27312

Password:
October

Duke Center for Living
at Ferrington

100 Clynelish Close, Pittsboro, NC 27312
919.545.2133
www.dukefitnessferrington.com

FRIDAY LINE DANCE:

1:00-1:50 pm

Zoom ID: 27312 27312

October 16th - Cheyanne
Country Line Dance

October 23rd - Kayla S.
Thriller Line Dance

CLASS DESCRIPTIONS

***Outdoor Strong and Limber:** Perform strength and flexibility exercises for all major muscle groups using various pieces of equipment.

***Bootcamp:** This fast paced class will use primarily your own body weight to improve cardiovascular endurance and muscular strength.

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.

Cardio Dance: This class delivers a high energy, low-impact cardiovascular workout using dance inspired choreography and movements.

Cardio Intervals: Designed to get your heart rate up, this interval style class is an energetic and easy to follow blend of various cardio techniques including hi-lo aerobics, kickboxing, and other body weight exercises.

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

Strong and Limber: Perform strength and flexibility exercises for all major muscle groups with minimal strength equipment.

Yoga Flow: Beginner to intermediate poses and breathing techniques are used to flow from one move to the other at a comfortable pace while focusing on strength, flexibility and balance. A basic knowledge of yoga is helpful but not required. Participants should feel comfortable and safe to transition to and from the floor.

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

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

WEBINARS:

Zoom ID: 27312 27312

FRIDAY, OCTOBER 9TH

12:00 PM

No Weights, No Problem: How to Create at Home Workouts - Jeramie

Learn how to create a fitness plan in your own home. We will be using everyday household items in addition to exercise equipment for example.

THURSDAY, OCTOBER 15th

1:00 PM

"Use Your Legs!" The Proper Squat and Hinge - Chris

This is a common phrase heard when picking items up. Are you lifting properly? Tune into this webinar and learn these fundamental movements.

TUESDAY, OCTOBER 27th

12:00 PM

Exercises to Improve Posture - Julie

Posture can be negatively impacted by injury, prolonged sitting and improper form. Join this webinar if you would like to learn simple stretches and exercises using mainly body weight to enhance your posture.