

SEPT  
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. \$10 per class.

Updated:  
9/10/2020

**Zoom Meeting IDs**

Through your internet browser go to:  
[www.zoom.us/j/2731227312](http://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:  
September

**Discontinued  
Outdoor Classes:  
Full Body Stretch  
Thursday Bootcamp**

**Duke Center for Living**  
at Ferrington

100 Clynelish Close, Pittsboro, NC 27312  
919.545.2133  
[www.dukefitnessferrington.com](http://www.dukefitnessferrington.com)

## FRIDAY LINE DANCE:

1:00-1:50 pm

Zoom ID: 27312 27312

September 11th - Cheyanne

60's Line Dance

September 25th - Kayla S.

80's Remix

## CLASS DESCRIPTIONS

**\*Body Weight Strong and Limber:** Perform strength and flexibility exercises for all major muscle groups using just your body weight.

**\*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.

**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

THURSDAY, SEPTEMBER 10TH

1:00 PM

### How to: Warm Up and Cool Down - Stephanie

Do you ever wonder why we warm up before and cool down after exercise? Is it just for fun or is there a reason for it? Learn about the benefits of warming up and cooling down, when you should do it and what you should be doing. In addition, learn about different types of warm-ups and cool-downs you can do on your own.

WEDNESDAY, SEPTEMBER 16th

1:00 PM

### Aquatic Therapy - Connie, Duke PT

Learn about aquatic therapy and the benefits it can provide. Those who would benefit from this low-impact, resistance therapy may include individuals with: Arthritis, orthopedic injuries, chronic pain, and those who need improved balance. Seminar presented by Duke Center for Physical Rehabilitation

TUESDAY, SEPTEMBER 29th

2:00 PM

### Sliding Paper Plates and Towels into Your Workout - Kayla S.

Towels or paper plates can create a smooth gliding surface that will challenge your balance, mobility, and strength. Plus, your hands or feet never have to leave the floor or wall which can create an effective low-impact workout. Come to this seminar to learn how to glide these household items into your next workout.