

NOV  
2020

GROUP EXERCISE

**MONDAY**

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

**TUESDAY**

- 9:30-10:20 AM Zumba Gold
- 11:00-11:50 AM Strong and Limber
- 4:30-5:15 PM Outdoor 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**

- 8:00-8:30 AM Full Body Stretch\*\*
- 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

**Indoor/Outdoor Group Exercise**

\*Denotes class that is *outdoors* and requires sign-up.

\*\*Denotes class that is *indoors* 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:  
10/7/2020

**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:  
November

Password can also be located at the top of the "Group Exercise" scheduling page in the Online Member Portal under "Zoom Login Information."

**Indoor Class Alert**

Express Group Cycle  
Mondays at 10 AM  
on the Track

Full Body Stretch  
Thursdays at 8 AM  
in the Studio

Limited space,  
registration is required.

**Duke Center for Living**  
at Fearington

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

## SPECIALTY DANCE CLASS:

Friday, November 13th  
1:00-1:50 pm

Zoom ID: 27312 27312

Cardio Dance- Kayla S.

## 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.

## SEMINARS:

VIRTUAL THROUGH ZOOM

Zoom ID: 27312 27312

TUESDAY, NOVEMBER 10TH  
12:00 PM

### Building Foot and Ankle Strength for Balance - Cheyanne

Come to this seminar to talk about the different body systems that impact balance. Learn how to strengthen your ankles and feet to improve overall balance and stability.

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IN-PERSON  
DCFL GROUP EXERCISE STUDIO

WEDNESDAY, NOVEMBER 18th  
12:00 PM

### Intuitive Eating: The Hunger Scale - Taylor

Intuitive eating is defined as consuming when hungry, stopping when full, and not restricting certain types of food. While there are many benefits to intuitive eating, it can be challenging. In this seminar, we will learn how to use the hunger scale to recognize our natural hunger and fullness cues.

SPACE IS LIMITED

REGISTER AT THE MEMBER  
SERVICES DESK OR THROUGH  
THE MEMBER PORTAL