



# GROUP EXERCISE

## MONDAY

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

## TUESDAY

- 9:05-9:50 AM Aqua Fit\*\*  
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  
10:30-11:00 AM Express Group Cycle\*\*  
11:00-11:45 AM Cardio Intervals  
4:00-5:00 PM Yoga I

## THURSDAY

- 8:00-8:30 AM Full Body Stretch\*\*  
9:05-9:50 AM Aqua Fit\*\*  
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.

Updated:  
11/23/2020

## 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:  
December

### Class Alert

Monday, 12/28 at 11:00 am on Zoom Full Body Stretch in substitution of Yoga Flow

### Specialty Class

BOSU Strength\*\*  
Wednesday, 12/30 from 12:00-12:30 pm in the group exercise studio.  
Free for members, registration 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, December 18th  
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.

**\*\*Aqua Fit:** An intermediate level cardiovascular class for members wishing to burn fat and tone muscles using the power of liquid resistance.

**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 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.

**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.

## VIRTUAL WELLNESS SUMMIT

Zoom ID: 27312 27312

TUESDAY, DECEMBER 1ST

1:50-2:15 PM

The Importance of Volume vs. Intensity in Exercise

2:15-2:40 PM

Bootcamp: Memory Edition

2:40-3:15 PM

Low Impact Exercise: Joint Friendly Workouts from Home

THURSDAY, DECEMBER 3RD

1:50-2:15 PM

Don't be Lazy or Your Mind gets Hazy: How Physical Activity May Improve the Aging Brain!

2:15-2:40 PM

Regular Exercise Helps Keep the Doctor Away

2:40-3:05 PM

Sarcopenia: How Resistance Training Can Help to Shave it Off

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IN-PERSON WELLNESS SEMINAR  
DCFL GROUP EXERCISE STUDIO

THURSDAY, DECEMBER 17th  
12:00 PM

What is the it in IT band?  
with Stephanie

Learn about the function of the IT and how we utilize it in our daily activities like walking/running. You'll also learn techniques to strengthen and stretch this complex area of the body.

Space is Limited

Register at the Member Services desk or through the Online Member Portal