

JAN  
2021

# GROUP EXERCISE

## MONDAY

- 8:00-8:50 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  
11:00-11:45 AM Strong and Limber  
4:30-5:15 PM Outdoor Bootcamp\*

## WEDNESDAY

- 8:00-8:50 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

## THURSDAY

- 8:00-8:30 AM Full Body Stretch\*\*  
9:05-9:50 AM Aqua Fit\*\*  
9:30-10:20 AM Zumba  
11:00-11:45 AM Strong and Limber  
12:00-1:00 PM January Mind-Body Class

## FRIDAY

- 8:00-8:50 AM Outdoor Strong and Limber\*  
9:00-9:30 AM Express 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 registration.  
\*\*Denotes class that is *indoors* and requires registration.

This may be done no sooner than 7 days in advance through the Online Member Portal or calling our Member Services at 919.545.2133. Voicemails will be addressed as soon as possible.

## Zoom Class Access

Zoom classes are limited to active members or guests. Registration required for access:

*Option 1:* Register via the Online Member Portal and register for "Zoom Class Access" under the Programs tab.

*Option 2:* Register over the phone or in-person through Member Services.

You will remain on the Zoom email list until your membership or virtual guest pass lapses. You may also request to be removed.

Once registered, the Zoom meeting ID and password for all the virtual group exercise classes will be sent directly to your email.

### NEW Class Alert

Express Strong and Limber  
Fridays at 9:00 AM  
in Group Exercise Studio

### January Mind-Body Class

Restorative Yoga  
Thursdays at 12:00 PM  
on Zoom

Duke Center for Living  
at Fearington

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

Updated:  
12/21/2020

## SPECIALTY DANCE CLASS:

Friday, January 15th  
1:00-1:50 pm

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.

**\*\*Express Cycle:** 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.

**\*\*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 & 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.

## WELLNESS SEMINARS

THURSDAY, JANUARY 7TH

10:30 AM - VIRTUAL

**Breathing Techniques to Elevate  
Your Exercise Experience  
with Kayla S.**

Different breathing techniques can help to calm our minds or energize our bodies. Focusing on our breathing patterns can also enhance our workouts and exercise performance. Come to this seminar to learn about ways to utilize your breath effectively.

Zoom ID: 870 1228 7235  
No password required.

WEDNESDAY, JANUARY 20th

12:00 PM - IN PERSON

**Dead Bugs For A Resilient Core  
with Chris**

You may know the Dead Bug exercise, but are you doing it correctly? Attend this in-person seminar to learn the basic fundamentals, progressions, and more advanced variations of the dead bug.

**Space is Limited**

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