



GROUP EXERCISE

MONDAY

- 8:00-8:50 AM Outdoor Strong and Limber*
- 9:30-10:00 AM Zoom Chair Fitness
- 10:30-11:00 AM Express Group Cycle**
- 11:00-11:45 AM Zoom Yoga Flow

TUESDAY

- 9:05-9:50 AM Aqua Fit**
- 9:30-10:20 AM Zoom Zumba Gold
- 11:00-11:45 AM Zoom 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 Zoom Chair Fitness
- 10:30-11:00 AM Express Group Cycle**
- 11:00-11:45 AM Zoom Cardio Intervals

THURSDAY

- 8:00-8:30 AM Full Body Stretch**
- 9:05-9:50 AM Aqua Fit**
- 9:30-10:20 AM Zoom Zumba
- 11:00-11:45 AM Zoom Strong and Limber

FRIDAY

- 8:00-8:50 AM Outdoor Strong and Limber*
- 9:00-9:30 AM Express Strong and Limber**
- 9:30-10:00 AM Zoom Chair Fitness
- 11:00-11:45 AM Zoom Cardio Intervals
- 4:00-5:00 PM Zoom Yoga I & II

SATURDAY

- 10:00-11:00 AM February Zoom Mind-Body Class

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. A one time registration is required for access.

See Member Services for more information.

February Mind-Body Class

Yoga Remedies

Simple yoga routines to help rehabilitate the entire body, mind, and spirit.

Saturdays 10:00-11:00 AM on Zoom

Duke Center for Living
at Fearington

100 Clynelish Close, Pittsboro, NC 27312

Phone: 919.545.2133

www.dukefitnessfearington.com

SPECIALTY DANCE CLASS:

Friday, February 19th
1:00-1:50 pm

Cardio Dance - Kayla S.

CLASS DESCRIPTIONS

***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.

****Express/*Outdoor/Strong and Limber:** Perform strength and flexibility exercises for all major muscle groups with various 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

Zoom ID: 870 1228 7235
No password required.

MONDAYS IN FEBRUARY

3:30 PM - VIRTUAL

Join the Physical Therapists from
The Center of Physical
Rehabilitation for a series of
presentations on balance and
posture.

2/1 : When the Foot Hits the Ground -
A Discussion on Ankle and Foot
Strength and Mobility
with David Parker, PT

2/8 : 3 Tips to Practice to Increase
Stability, Safety and Confidence
with David Parker, PT

2/15 : 3 Tips to Lessen Stress on the
Spine, Neck and Back
with Connie Arnold, PT

2/22 : Using Your Diaphragm to
Improve Your Posture
with Stephanie Pompeo, PT

FRIDAY, FEBRUARY 19th

12:00 PM - VIRTUAL

Listen to Your Heart
with Julie

Understanding and knowing your numbers is important for preventing heart disease or other cardiac events. Tune into this seminar to learn three ways to measure vital signs: heart rate, oxygen saturation and blood pressure. Know your numbers and gain confidence in your heart health.