

# Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

100 Clynelish Close, Pittsboro, NC  
919.545.2133  
www.DukeFitnessFearington.com

## member notes

### NEWS IN THE CENTER | March/April 2021

#### PRO SHOP UPDATES

Our limited Pro-Shop has a variety of items available for purchase to help you on your fitness journey at DCFL or while exercising at home. Some items currently available are:

- Bottled Water
- Bottled Sports Drinks
- Lap counters
- Resistance Bands
- Bio Freeze
- Yoga Straps

#### MEET OUR INTERNS

##### Maggie (pictured right)

I am a senior at Meredith College getting a degree in Exercise and Sports Science. I grew up in Raleigh, NC. My hobbies include dancing, watching hockey, exercising, reading, and playing with my parents' puppy Aspen!

##### Ja'dah (pictured left)

I was born and raised in Atlanta, GA. I am currently a senior at Meredith College and expected to graduate in May with my B.S in Exercise and Sports Science. I plan on pursuing a career as a Physician Assistant. I am very grateful for each and every person that I've met and for the opportunity to learn from the talented Exercise Physiologists.



#### NEW OUTDOOR GROUP EXERCISE CLASSES

Classes will be held in our NEW outdoor space! Details will be coming soon.

Space is limited, registration required through the Online Member Portal or Member Services. Registration begins 7 days in advance at 6:00am.

##### Flexibility Focus

Wednesdays

9:05am - 9:50am

This class leads you through a variety of stretches to help overall flexibility, mobility and posture.

##### Cardio Combo

Thursdays

8:05am - 8:50am

Interval and choreographed style classes will get your heart rate up for a complete cardiovascular workout.

#### SPRING INTO YOUR BEST SELF!

April 5 - 30

Keep yourself accountable with our 4 week spring fitness challenge! You can look forward to a weekly strength workout and prompts to keep you mentally engaged. Your goal is to complete as many cardio, strength, and mindfulness activities as you can.

Registration opens Wednesday, March 24.

#### Dear Valued Members,

As we approach the six month mark of DCFL reopening our doors I wanted to take a moment to say THANK YOU! We are so thankful that you are taking advantage of using the fitness area, pool, and attending classes both in person and virtually. We are also grateful for how well you have embraced our COVID-19 protocols and safety expectations. While the COVID-19 vaccine is becoming more widely available, it is very important to understand that **these safety expectations will remain in place for all members no matter their vaccination status.** Please join us in our commitment to keeping DCFL a safe place for all members and staff to exercise and work each day.

#### Safety Expectations include, but are not limited to:

- Wearing a mask covering the mouth and nose at all times while on DCFL property.
- Maintaining a distance of 6 feet with anyone outside of your immediate household; 10 feet while exercising.
- Cleaning equipment before and after use with provided supplies.
- Waiting outside until five minutes before your scheduled reservation when applicable.
- Stay home if you have any symptoms of COVID-19 or been exposed to someone with COVID-19.

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# march wellness seminars

These are free and open to the public, so invite a friend!



## Power Up Your NUTrition and The Fast Facts About Fats and Oils

Friday, March 5  
10:30am - 11:00am  
DCFL Track

Discover the powerful health benefits of including nuts as part of a balanced diet! Then, learn about fat and which cooking oils are healthier than others. *Space is limited, registration required.*



## The Importance of Vitamin D and Protein for Seniors

Wednesday, March 10  
12:30pm - 1:00pm  
DCFL Group Exercise Studio

Want to improve your metabolism, strength, mood, and overall health? What is the easiest way to get adequate intake of both vitamin D and protein? Attend this seminar to learn about these two crucial, yet often over-looked nutrients. *Space is limited, registration required.*



## How to Read a Food Label

Tuesday, March 23  
12:00pm - 12:30pm  
Zoom, Meeting ID 870 1228 7235

Join Whitney Sharpe, Registered Dietician, in this virtual seminar to learn how to read a food label. Also, learn the meaning behind common label claims such as: organic, low fat, non GMO, etc. so you can make the best choices for yourself. *No registration required.*

## April Seminar Topics

*Cheyenne's Top 5 Posture Exercises*

*Common Yoga Poses to Do with a Chair*

*Building Blocks to Better Balance*

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<https://www.facebook.com/DCFLFarrington/>



### Cardio Dance

Friday, March 19 & Friday, April 16 | 1:00pm - 1:50pm | FREE on Zoom

Cardio dance delivers a high energy, low-impact cardiovascular workout using dance inspired choreography and movements.



### March Mind Body: Mat Pilates

Mondays in March | 2:30pm - 3:15pm | FREE on Zoom

Practice the principles of Pilates combining proper form with breathing techniques. Slow, controlled movements are used to strengthen the abdominals, back and hip girdle muscles. All levels welcome.



### April Mind Body: Spring Renewal Yoga

Saturdays in April | 10:00am - 11:00am | FREE on Zoom

This gentle yet invigorating class includes postures, breath practice, chakra flow and blissful savasana. Modifications offered to customize your class to fit specific needs and level of experience.

*To access all virtual group exercise classes, a one-time registration is required through the Online Member Portal or Member Services. Once registered, the Zoom meeting ID and password will be sent to your email.*