



MAY  
2021

# GROUP EXERCISE

## MONDAY

- 8:05-8:50 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 Aqua Remedies\*\*
- 11:00-11:45 AM Zoom Yoga Flow

## TUESDAY

- 9:05-9:50 AM Aqua Fit\*\*
- 9:30-10:20 AM Zoom Zumba
- 10:00-10:45 AM Aqua Challenge\*\*
- 11:00-11:45 AM Zoom Strong and Limber
- 12:30-1:30 PM May Mind-Body Class
- 5:05-5:50 PM Outdoor Functional Conditioning\*

## WEDNESDAY

- 8:05-8:50 AM Outdoor Strong and Limber\*
- 9:05-9:50 AM Outdoor Flexibility Focus\*
- 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\*\*
- 8:00-8:50 AM Outdoor Zumba Gold\*
- 9:05-9:50 AM Aqua Fit\*\*
- 10:00-10:45 AM Aqua Challenge\*\*
- 11:00-11:45 AM Zoom Strong and Limber

## FRIDAY

- 8:05-8:50 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
- 12:00-12:30 PM Zoom Full Body Stretch
- 4:00-5:00 PM Zoom 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, beginning at 9:00pm, 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.

## May Mind-Body Class

### Tai Chi

Serenity through gentle movements connecting the mind and body; used for stress reduction and to improve health, balance and flexibility.

Tuesdays 12:30-1:30 PM  
on Zoom

Duke Center for Living  
at Ferrington

100 Clynelish Close, Pittsboro, NC 27312

Phone: 919.545.2133

[www.dukefitnessferrington.com](http://www.dukefitnessferrington.com)

Updated:  
4/16/2021

## SPECIALTY DANCE CLASS:

Friday, May 14th  
1:00-1:50 pm

Cardio Dance - Kayla S.

## CLASS DESCRIPTIONS

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

**Aqua Challenge:** Designed for the veteran aquatic exerciser, this demanding class uses the water to give your muscles and lungs a tough workout.

**Aqua Remedies:** Improve joint range of motion, flexibility, muscular strength, and balance while getting the therapeutic benefits of working in the water.

**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 Combo:** Interval and choreographed style classes will get your heart rate up for a complete cardio workout.

**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/Flexibility Focus:** This class leads you through variety of stretches to help improve overall flexibility, mobility and posture.

**Functional Conditioning:** This multimodality class utilizes various strength equipment and cardio drills. A challenging class guaranteed to keep you moving.

**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 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. 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

FEATURING: TOWSON UNIVERSITY

Zoom ID: 870 1228 7235  
No password required.

### TUESDAY, MAY 4TH

**1:50 - 2:15 PM**

Should I exercise in the Morning or Later in the Evening?

**2:15 - 2:40 PM**

The Benefits and Costs of Exercise vs. Medications

**2:40 - 3:05 PM**

Moving with Ease: Understanding the Inner Workings of Osteoarthritis

### THURSDAY, MAY 6TH

**1:50 - 2:25 PM**

How to Combat Disease by Living Life Healthy!

**2:25 - 2:50 PM**

Free Your Mind with Exercise!

**2:50 - 3:15 PM**

Let's Start Lifting: How Resistance Training can Improve Bone Health!

### TUESDAY, MAY 11TH

**1:50 - 2:25 PM**

How Low Impact Interval Walking can have a Big Impact on Your Health!

**2:15 - 2:50 PM**

The Secret to a Happy Life: Exercise!

**2:50 - 3:15 PM**

Exercise and Physical Activity: A Booster Shot for Immunity!