

# 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 | July/August 2021

#### Group Exercise Updates

Classes below begin July 1.

##### Yoga 1

**Day:** Wednesdays

**Time:** 10:00 AM – 11:00 AM

**Location:** Group Exercise Studio

Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

##### Yoga 1 & 2

**Day:** Fridays

**NEW Time:** 9:45 AM – 10:45 AM

**NEW Location:** Group Exercise Studio

Friday Yoga 1 & 2 is moving from Zoom to an in-person class in the group exercise studio! Learn beginner to intermediate poses and breathing techniques while focusing on strength, flexibility and balance.

##### Chair Fitness

**Day:** Wednesdays

**Time:** 9:00 AM – 9:45 AM

**Location:** Group Exercise Studio

This group class uses easy to follow moves, focusing on balance, strength and coordination. While the entire class may be done from a chair, standing options are given. Great for beginners and those with physical limitations.

##### Aqua Remedies

**Day:** Wednesdays

**Time:** 10:00 AM – 10:45 AM

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

*Space is limited, registration required through the Online Member Portal or Member Services for all in-person group exercise classes. Registration is available 7 days in advance, beginning at 9:00pm.*

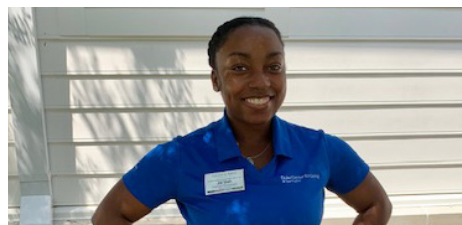
#### Chatham County Senior Games

DCFL hosted the Chatham County swim event on May 25th. Congrats to all our swimmers who competed!



#### Welcome, Ja'dah!

Ja'dah Spradley is the newest Exercise Physiologist at DCFL. A native from Atlanta, Georgia, Ja'dah traveled to North Carolina to attend Meredith College. While earning her Bachelors of Science in Exercise and Sports Science she completed a spring internship at DCFL, then was offered a full time position. In her spare time she enjoys reading, watching movies, dancing and trying new foods. Her favorite form of exercise is Cardio Dance and weight lifting. If you see her around DCFL be sure to say hello.



#### Move-a-Thon to End Alzheimer's Wrap Up

The Longest Day is the day with the most light – the summer solstice falling on Monday, June 20th. DCFL kicked it off early with the Move-A-Thon on Friday, June 18th! We hosted classes all day long and hit our goal of raising over \$2,000 with the support of our members!

#### GROUP EXERCISE CAPACITIES

Capacities in the pool, group exercise studio, and outdoor space have increased to accommodate more members! Registration is still required for all in-person group exercise classes.

#### PREVIOUS UPDATES

- All cardio equipment is available every day and distancing guidelines for strength equipment have been removed.
- No registration required for track use. The track is available except during Group Cycle classes, Monday & Wednesdays, 10:30-11:00am.
- Hot tub capacity increased to 3 members.

#### SCREENING UPDATE

Temperature checks have been discontinued. Members and guests will continue to be screened with questions regarding COVID-19 exposure and symptoms.

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# july wellness seminars

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

## No Bones About It (Taylor)

**Day:** Tuesday, July 13

**Time:** 12:00 PM

**Location:** Group Exercise Studio

Strong bones help us maintain our ability to move independently. There are many factors that determine our bone health: age, exercise, diet, etc. Although we can't do anything about our age, we can focus on exercise and diet! Join us to learn some weight-bearing exercises along with diet tips that can help reduce the risk of weak bones and fractures. *Space is limited, registration required through the Online Member Portal or Member Services.*

## Reduce Pain with Foam Rolling (Stephanie)

**Day:** Wednesday, July 21

**Time:** 1:00 PM

**Location:** Group Exercise Studio

Have sore, tight muscles? Want some relief but not wanting to spend a lot of time or money? Come to this seminar to learn how to foam roll some of the major muscles. We will be on the floor trying foam rolling techniques as we learn, so be ready to move. *Space is limited, registration required through the Online Member Portal or Member Services.*

## Rise, Shine & Stretch (Ja'dah)

**Day:** Monday, July 26

**Time:** 10:00 AM

**Location:** Group Exercise Studio

We all love that big morning stretch right after we've opened our eyes, why not make it longer? Join us to learn a morning stretch routine that will have your body thanking you for the rest of the day! We will discuss the benefits of stretching, why it is important, and how we can easily make it a part of our morning routine. *Space is limited, registration required through the Online Member Portal or Member Services.*

## August Seminar Topics

*Proper Programming:  
Ways to Vary Your  
Workout Routine*

*Functional Loading*

*Exercises to Improve  
Posture*

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## July Mind-Body: Vinyasa Yoga

*Wednesdays in July | 2:00 PM - 3:00 PM | Group Exercise Studio*

Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage students to work within their own levels. This class can be rigorous/challenging, yoga experience is recommended.

*Space is limited, registration required through the Online Member Portal or Member Services. FREE to members.*



## August Specialty Class: Zumba Gold Chair on Zoom

*Fridays in August | 9:30 AM-10:00 AM | Free to members*

Zumba Gold Chair a high-energy, fun, joyful and friendly fitness class for anyone who wants to exercise sitting down – in a chair, in a wheelchair, or on a stability ball. It combines the “party” atmosphere and the exciting Latin and international dance moves of a high-intensity Zumba class with the specific needs of people who prefer to sit to exercise.

*Zumba Gold Chair on Zoom will replace Zoom Chair Fitness on Fridays in August. Use our group exercise Zoom meeting ID and password to access this class.*