

# GROUP EXERCISE SCHEDULE



## MONDAY

8:05-8:50 AM	Outdoor Strong & Limber
9:05-9:50 AM	Aqua Fit
9:30-10:00 AM	Zoom Chair Fitness
10:00-10:45 AM	Aqua Challenge
10:30-11:00 AM	Express Group Cycle
11:00-11:45 AM	Yoga Flow <i>*class description change</i>

## TUESDAY

9:30-10:20 AM	Zoom Zumba
10:30-11:15 AM	Aqua Remedies
11:00-11:45 AM	Zoom Strong & Limber
5:05-5:50 PM	Outdoor Functional Conditioning

## WEDNESDAY

8:05-8:50 AM	Outdoor Strong & Limber
9:05-9:50 AM	Aqua Fit
9:00-9:45 AM	Chair Fitness
10:00-10:45 AM	Aqua Challenge
10:00-11:00 AM	Yoga I
10:30-11:00 AM	Express Group Cycle

## THURSDAY

9:00-9:45 AM	Full Body Stretch
9:30-10:20 AM	Zoom Zumba Gold
10:30-11:15 AM	Aqua Remedies
11:00-11:45 AM	Zoom Strong & Limber
2:00-2:45 PM	Fitcamp

## FRIDAY

8:05-8:50 AM	Outdoor Strong & Limber
8:45-9:30 AM	Strong & Limber
9:30-10:00 AM	Zoom Chair Fitness
9:45-10:45 AM	Yoga I & II
11:00-11:45 AM	Zoom Cardio Intervals
11:15-12:15 PM	Yoga & Pilates Blend

**Duke Center for Living**  
at Fearington

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

Updated:  
10/22/2021

### November Specialty Class

#### Fitcamp

Perform resistance exercises using machines and free weights while incorporating interval-style conditioning throughout various sections of the facility. Meet on the DCFL track up-stairs for a warm-up.

Thursdays 2:00-2:45 PM

#### Yoga & Pilates Blend

Class starts with yoga centering and warm ups which transition to Pilates stabilization and strengthening. Blending the two into integrative Pilates movements and yoga poses. Class ends with yoga stretches with yogic rest to allow mind-body integration of the practice.

Fridays 11:15-12:15 PM  
held in the DCFL Parking Lot  
*\*No Class 11/26*

## Group Exercise Registration

Classes that are written in red text and labeled "Zoom" meet virtually with a one-time registration to receive the Zoom meeting ID and password.

All in-person classes require registration as space is limited. This may be done no sooner than 7 days in advance, beginning at 9:00 pm, through the Online Member Portal or calling our Member Services at 919.545.2133.

Voicemails will be addressed as soon as possible.

## 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 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 Group 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.

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

**Strong & Limber**: Perform strength and flexibility exercises for all major muscle groups with various strength equipment.

**Yoga Flow**: A fitness-based style of yoga that emphasizes full body strength and flexibility using basic, intermediate and advanced postures. Basic knowledge of yoga is helpful but not required.

**Yoga I**: Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

**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.