

Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

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

member notes

NEWS IN THE CENTER | Nov/Dec 2021

Pro Shop Update!

Save 10% off all items in the Pro Shop. Stock up on holiday gifts for friends, family, and loved ones.

Offer excludes food and beverage items and prior purchases. Not valid with other discounts or promotions. Sale ends December 31st, 2021.

Pool Reminders

With the warm weather ending the demand for the pool is increasing. In order for us to serve all members fairly, we respectfully ask that you contact us 24 hours in advance if you cannot attend your reserved lane or class so that others can enjoy these services.

Health & Safety Reminders

- Face masks, covering the nose and mouth, are required at all times in the facility. Exceptions include while eating or drinking, lap swimming, or participating in an aqua aerobics class.
- Use disinfection stations to clean equipment before and after use.
- Wash or sanitize hands upon arrival and departure of the center.

November Fitness Challenge

Participate in our bingo style Planksgiving Fitness Challenge! Cards can be picked up starting Monday, November 1st and returned no later than Wednesday, December 1st. The goal is to complete as many "bingos" as you can! Participants who return their cards will be entered into a raffle for a prize drawing.



Building Ease & Mobility: A Soft Rolling Series

Day: Thursdays, November 4-18th

Time: 1:00 PM – 2:15 PM

Cost: \$42 members, \$63 non-members

Release connective tissue (fascia), increase mobility and flexibility, improve alignment and relieve joint pain through guided exercises. Soft rollers and other props will be used on a mat for the floor exercises. To enroll in this series you must be able to independently get up & down from the ground.

Space is limited, registration required through Member Services.

Meditation

Day: Tuesday, November 23rd

Time: 2:05 PM – 2:50 PM

Cost: Free to members

Meditation can help bring the mind and body back to a natural and calm state through mindful breathing and relaxation. Join Stephanie as she guides you through a 45-minute meditation.

Space is limited, registration is required through Member Services.

Holiday Programming

Our holiday challenges Elf on the Shelf and 12 Days to Wellness will be happening December 1st through December 22nd. Stop by the Fitness Desk or see flyers for more information. Each challenge will have a raffle prize drawing for all who complete!

FACILITY HOURS

Thursday, November 25th
(Thanksgiving)

CLOSED

Friday, November 26th
(Day After Thanksgiving)

6:00 AM - 2:00 PM*

Friday, December 17th

Closing one hour early at 6:00 PM for Galloway Ridge All Staff event

Friday, December 24th
(Christmas Eve)

6:00 AM - 2:00 PM*

Saturday, December 25th
(Christmas Day)

CLOSED

Friday, December 31st
(New Year's Eve)

6:00 AM - 2:00 PM*

Saturday, January 1st
(New Year's Day)

CLOSED

**Group exercise class schedule will be posted at a later date.*

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Give the Gift of Wellness

Gift cards are available for purchase at Member Services. Gift cards can be used to purchase:

Pro Shop Items

Massage

Personal Training

Pilates Reformer Training

Swim Lessons

november wellness seminars

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

World Fit Tour 2021

Another successful World Fit Tour has come to an end! This year 5 teams comprised of 12 members traveled around the world to Rock and Roll themed destinations. Together they completed 181,277 miles (exercise minutes) over the course of six weeks. In the end, Team Thunderstruck won with 44,288 miles. Congratulations to all participants!

December Wellness Seminar Topics

*Join Towson University students on Zoom as they present their final projects on health and fitness related topics. Save the dates for **December 2, 7, and 9!***

“Use Your Legs!” The Proper Squat and Hinge (Chris)

Day: Friday, November 12

Time: 1:00 PM

Location: Group Exercise Studio

This is a common phrase heard when picking items up. But are you doing it properly? Join us to learn more about these fundamental movements.

Space is limited, registration required through the Online Member Portal or Member Services.

Maximizing your Workout through Food (Dan)

Day: Thursday, November 18

Time: 12:15 PM

Location: Group Exercise Studio

Food may be the most complicated part of your whole wellness journey. This seminar will give you some general nutrition information but it will also focus on the importance of fueling your workout and your recovery. It will leave you feeling confident in your ability to maximize your workout through food.

Space is limited, registration required through the Online Member Portal or Member Services.

December Specialty Class: Zumba® Gold Toning

Wednesdays in December | 9:30 AM-10:20 AM | Free on Zoom

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a total body workout using Zumba® Toning Sticks or 1lb weights to shake up those muscles!

To access virtual group exercise classes, use our Zoom meeting ID and monthly password. Contact Member Services for more information.



November Specialty Class: Fitcamp

Thursdays in November | 2:00 PM-2:45 PM | Free to members

Perform resistance exercises using machines and free weights while incorporating interval-style conditioning throughout various sections of the facility.

Space is limited, registration is required for each class.



November Mind-Body: Outdoor Yoga & Pilates Blend

Fridays in November | 11:15 AM - 12:15 PM | Free to members

This class starts with yoga centering and transitions to Pilates stabilizing and strengthening of the shoulders, core and hips, put it all together into integrative Pilates movements or yoga poses, cool down with yoga stretches, then end with yogic rest to allow mind/body integration of the practice. Come enjoy an outdoor mind/body experience.

No previous experience in yoga or Pilates necessary. Space is limited, registration is required for each class.

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