

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
10:05-10:50 AM	Group Cycle
11:00-11:45 AM	Yoga Flow

TUESDAY

9:30-10:20 AM	Zoom Zumba
10:30-11:15 AM	Aqua Remedies
11:00-11:45 AM	Zoom Strong & Limber
4:45-5:30 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
10:05-10:50 AM	Group Cycle

THURSDAY

8:00-8:45 AM	Cardio Fusion
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

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
10:00-10:45 AM	Aqua Challenge

SATURDAY

9:00-10:15 AM	Saturday Yoga *See flyers for details
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Duke Center for Living
at Fearington

100 Clynelish Close • Pittsboro, NC 27312 • 919.545.2133
www.dukefitnessfearington.com

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 monthly 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 Member Services at **919.545.2133**.

Please call Member Services to cancel enrollment.

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.

Cardio Fusion: Designed to get your heart rate up, this class is an energetic and easy to follow blend of various cardio techniques including kickboxing, step, dance and hi-lo aerobics.

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.

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.

Saturday Yoga: Each month a rotating instructor will offer a different style of yoga. See flyer on the Group Exercise Studio door for more details.

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.