

Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

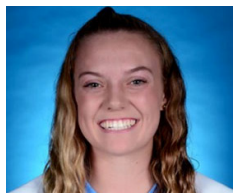
100 Clynelish Close, Pittsboro, NC
919.545.2133
www.DukeFitnessFearington.com

member notes

NEWS IN THE CENTER | Jan / Feb 2022

DCFL STAFF UPDATES

Welcome to our newest Exercise Physiologist!



Nicole Neuwirth was born and raised in Durham, North Carolina. She graduated from UNC-Chapel

Hill in May 2019 with a Bachelor's degree in Exercise and Sports Science, and was also a member of the women's soccer team. In May 2021, Nicole officially completed her Master's of Science degree in Human Performance: Fitness and Wellness from Liberty University. She is an ACSM Certified Exercise Physiologist, a certified Rock Steady Boxing Coach, and a Precision Nutrition Level 1 Coach. In her free time, Nicole loves to workout, read murder mysteries, and cook or explore new restaurants with her husband.

Member Services

Congratulations to our Member Services Associate Cynthia Williams who has been promoted to full-time here at DCFL! Stop by the Member Services desk to congratulate Cynthia.

Planksgiving

Congratulations to Abby G who won a \$20 gift card to Fearington Village!

Holiday Hold'em Wrap-Up

Thank you for participating in the Holiday Hold'em challenge! Please pick up your wager if you either maintained your weight (or lost) or kept up with your healthy habit throughout the holidays. If you would like to donate your wager to CORA, please email Stephanie Wisner at swisner@gallowayridge.com.

New Year's Meditation

Date: Thursday, January 6th

Time: 2:05 PM – 2:50 PM

Cost: Free to members



Meditation can help bring the 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 required through the Online Member Portal or Member Services.

Fitness Assessment Clinic

Date: Monday, February 14th

Time: 12:00PM-3:00PM

Cost: Free to members

DCFL will be hosting its first Fitness Assessment Clinic of 2022 which will include a series of tests that determine your current fitness level and provides a baseline with which to chart your progress. Each participant will rotate to a different station where an Exercise Physiologist will conduct various tests for body measurements, cardiovascular fitness, muscular strength and endurance, flexibility, and balance. Registration will open on Monday, January 10th.

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

Food/Activity Logs

Help achieve your goals by tracking your food intake and activity minutes! Pick up your log at the Fitness Desk during the month of January. Fillable PDFs available upon request.

FACILITY HOURS

Saturday, January 1st

(New Year's Day)
CLOSED

Monday, January 17th

(Martin Luther King Jr. Day)
CLOSED

Health & Safety Reminders

- Face masks 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 after use.
- Wash or sanitize hands upon arrival and departure of the center.



Did You Know?

You can keep your schedule up to date using the Online Member Portal! Click on the 'Information' tab then 'Reservation Report' to find all of your upcoming reservations.

Amber Smith

Director

asmith@gallowayridge.com

Taylor Blumenfeld

Fitness Manager

tblumenfeld@gallowayridge.com

Stephanie Winegar

Member Services Manager

swinegar@gallowayridge.com

january wellness seminars

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

Power Plate Basics (Julie)

Day: Friday, January 14th

Time: 12:45 PM

Location: Group Exercise Studio



This versatile, vibrating platform can be used for strengthening, stretching, balance and more! Attend this seminar to learn the advantages of working in this piece of equipment into your exercise program. *Space is limited, registration required through the Online Member Portal or Member Services.*

Is the Digital World giving you Tech Neck? (Dr. Jessica Tomkoski, PT)

Day: Tuesday, January 11th

Time: 9:30 AM

Location: Group Exercise Studio

In this seminar, we will discuss common reasons for neck pain, provide helpful tips on how you can adjust your environment to reduce joint strain, and practice some easy stretches you can use to maintain mobility and help prevent neck pain. *Space is limited, registration required through the Online Member Portal or Member Services.*



Core without the Floor (Stephanie)

Day: Monday, January 24th

Time: 12:00 PM

Location: Group Exercise Studio



Most people believe you must be lying on the floor to train the core muscles. Come to this seminar to find out how you can work the same muscles without getting on the floor. *Space is limited, registration required through the Online Member Portal or Member Services.*

February Seminar Topics

Stretches to Improve Posture

Heart Healthy Foods

Punching Parkinson's

February is Heart Month!

Do you know your numbers? Join the Blood Pressure Challenge in February! Have a seat in our blue chair next to the Fitness Desk to get your blood pressure taken by an Exercise Physiologist. To be entered into our raffle drawing you'll need to have your BP checked and recorded ten or more times.



Cardio Fusion*

Thursdays beginning January | 8:00 AM - 8:45 AM | Free to members

New Group Exercise class alert! 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.



Restorative Yoga with Barbara*

Saturdays in January | 9:00 AM-10:15 AM | Free to members

Relaxing and rejuvenating practice for calming the mind and body with poses held for long periods of time with the support of props such as straps, blocks, or towels. Breathing and mindfulness techniques are offered.

Yoga Remedies with Bob*

Saturdays in February | 9:00 AM-10:15 AM | Free to members

Yoga postures and exercises for various parts of the body including your center, torso, neck, shoulders, hips, knees, and feet.

**Space is limited, registration required for each class through the Online Member Portal or Member Services. Registration begins 7 days in advanced, beginning at 9:00pm.*