

# 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 | Sept./Oct. 2021



#### End of Summer Sale

Enjoy 15% off all t-shirts, tanks, and hats during the month of September or while supplies last. **Sale ends Sept. 30.** Not valid with other discounts or promotions.

#### Welcome to the Team!



#### Cynthia Williams

Please welcome Cynthia Williams as your new Member Services Associate. Cynthia is a long time resident of Chatham County and an alumna of UNC Chapel Hill. She previously owned Refinements Resale Boutique, a local women's clothing consignment store for over 20 years. When not working, Cynthia enjoys cooking, camping, hiking, a good movie and her granddog, Hunter.

#### Dan Janoson

Dan Janoson joined the DCFL team as an Exercise Physiologist. While playing baseball in college, he discovered a passion for the health and fitness field and got a degree in Nutrition and Fitness from Clarion University. Since graduating in 2019 he has become a Certified Personal Trainer, Fitness Nutrition Specialist, and Behavior Change Specialist. Outside of work Dan spends time watching all things Philadelphia Sports, working out, hanging out with his dog, or golfing.

#### Cancer Wellness Program

**Day:** Mondays & Wednesdays,  
October 11 – November 17  
**Time:** 2:00 PM – 3:00 PM  
**Cost:** \$168 members, \$252 non-members

Over the course of 6 weeks, you'll experience the benefits of exercise tailored to the cancer patient or survivor. Whether you have not yet had treatment, are in the midst of treatment, or post-treatment, each component of fitness plays a role in counteracting cancer and treatment side effects. Along with education and practical experience, there will be opportunities to build a community of fellow survivors by sharing challenges and success stories.

*Space is limited, registration is required. Registration is open September 9th through September 24th.*

#### September is National Yoga Month

##### Chair Yoga

**Day:** Tuesdays in September  
**Time:** 2:05 PM – 2:50 PM  
**Cost:** Free to members

Relax, restore, and revitalize the mind with basic yoga postures while using the chair for support. Great for beginners!

*Space is limited, registration is required for each class.*

##### Meditation

**Day:** Thursday, September 23  
**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 is required. Members are encouraged to arrive 5-10 minutes early to settle in and get comfortable.*

#### HOURS

**Labor Day** | Monday, Sept. 6  
CLOSED

**Columbus Day** | Monday, Oct. 11  
Regular hours

#### 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 before and after use.
- Allow extra space between yourself and other members when possible.
- Wash or sanitize hands upon arrival and departure of the center.

#### Amber Smith

**Director**  
asmith@gallowayridge.com

#### Kayla Laird

**Fitness Manager**  
klaird@gallowayridge.com

#### Stephanie Winegar

**Member Services Manager**  
swinegar@gallowayridge.com

#### Best of Chatham

We are excited to share that DCFL has been voted a Best of Chatham 2021 Readers' Favorite in two categories:

Favorite Sports Club/Fitness Facility AND Favorite Place for Yoga/Pilates.

**Thank you to everyone who voted!**



## September wellness seminars

### Swim Lessons

**Day:** Thursday, September 2 &  
Friday, September 24  
**Time:** 11:00 AM – 1:00 PM

Swim lessons are back! These one-on-one lessons can be scheduled in 30-minute increments on the dates above at the Fitness Desk. All levels are welcome!

*See the swim lesson brochure for pricing.*

### October is Breast Cancer Awareness Month



Did you know that 1 in 8 women are diagnosed with breast cancer? Join DCFL and show support to the women around you by **wearing pink**

**on Fridays in October.** Also, take your time and read the preventative care tips located in the locker rooms and on the bulletin board next to the Fitness Desk.

### 12th Annual Pumpkin Decorating Contest

DCFL's 12th Annual Pumpkin Decorating Contest is coming in October. Keep an eye out for more information on how to vote for your favorite!

### October Seminar Topics

*Heart Rate and What It Means*

*How To: Function in a Busy Gym*

**Follow us on Facebook!**

<https://www.facebook.com/DCFLFerrington/>

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

### Cancer & Exercise (Taylor)

**Day:** Thursday, September 9  
**Time:** 12:00 PM  
**Location:** Group Exercise Studio

In the past cancer patients were advised to limit their activity. Research has shown that physical activity can actually help combat the side effects of cancer and its treatments. Join us to discuss the benefits of exercise and learn the general safety precautions to follow while exercising during and after cancer treatment.

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

### How to Get Up From and Down to the Ground (Stephanie)

**Day:** Wednesday, September 29  
**Time:** 11:15 AM  
**Location:** Group Exercise Studio

Come to this seminar to learn how to properly get up from and down to the ground. This seminar will not only show proper technique but will also allow time to practice.

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



### September Specialty Class: If You Can Walk, You Can Dance

**Mondays in September | 9:00 AM-9:45 AM | Free to members**

Get ready to move your feet! After 15 minutes of barre exercises you will learn a new style of dance each week. Dance styles will include Latin, country western, and Hawaiian.

*Space is limited, registration is required for each class.*



### October Mind-Body: Best Practices for Alignment & Extension in Yoga

**Thursdays in October | 5:00 PM - 6:00 PM | Free to members**

At times, we can become too focused on gaining greater range of motion and forget crucial aspects of alignment, extension, and breath. This emphasis on “flexibility” can lead to muscle imbalance, joint pain or a feeling of unease. This series will utilize specific asana progressions that emphasize alignment and extension to open joints and release muscle groups that facilitate a sense of ease and relaxation.

*Space is limited, registration is required for each class.*