

Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

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NEWS IN THE CENTER | Sept/Oct 2022



Pool Area Updates and Facility Reminders

- The entire DCFL pool area is now mask-optional for all people in the space so long as 3-6 feet of distance is maintained. If you can reach out and touch the person next to you, there should be more space between you both or you should wear a face mask.
- Lanes with reserved times are available on a first come, first served basis. If you have a reserved time and are not lap swimming it is recommended to use Lane 1 if it is available.
- Spaces in DCFL cannot be reserved by placing one's belongings on or in them. This includes locker room showers, pool lanes, bikes for cycle class, and space in the Group Exercise Studio.

Zoom Access Update

Beginning September 1st all members will access Virtual Group Exercise classes using our Online Member Self-Service Portal. Members will need to register for each class to access a link and password within the portal which becomes available 10 minutes prior to the beginning of class start time. Monthly emails with the password will be discontinued. Contact Member Services with questions regarding access to the portal or Zoom.

Check-in Procedures

DCFL has new check-in procedures depending on the reason for your visit. Our staff will need to confirm your check-in on the computer for all appointments - you can think of this as signing your receipt or marking your attendance for the day. We appreciate your patience when checking in at the activities station. See signs at the Member Services desk to determine where to check-in with your scan tag upon arrival.

BEST OF CHATHAM 2022

DCFL has been voted Best of Chatham 2022 Readers' Favorite in two categories: Favorite Sports Club/Fitness Facility AND Favorite Place for Yoga/Pilates. Thank you to all who voted!



Welcome our new Massage Therapist!

With over 20 years experience Edwin Nothnagel addresses your needs through Craniosacral Therapy to Deep Tissue. Call or stop by the Member Services desk for more information and release your tension today!

member notes

HOLIDAY HOURS

Labor Day

Monday, September 5, CLOSED

Columbus Day

Monday, October 10, Regular Hours

Farewell to Amber!

Dear DCFL Members, It is with mixed emotions that I write this note to you as I prepare to step away from my role as Director of DCFL. In the coming weeks I will transition out of DCFL to start a new journey with my family. I am so thankful for the 14 years I've had here! We have shared in many milestones and successes during that time. I appreciate all of the support, encouragement and confidence you have had in me over the years. DCFL members and my DCFL family will always hold a special place in my heart.

Over the coming weeks I'll be preparing to welcome a new Director into DCFL and will be working with them side-by-side to make the transition as seamless and positive as possible. I look forward to introducing you to them once we have someone in place and ready to start!

In health,
Amber Smith

Director

Amber Smith
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Fitness Manager

Taylor Blumenfeld
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Member Services Manager

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These are free and open to the public, so invite a friend! Space is limited, registration required through the Online Member Portal or Member Services.

september wellness seminars



History and Benefits of Yoga

Date: Monday, September 12th

Time: 1:30 PM

Yoga is more than just “performing” the poses. Come learn about the history and benefits of a yoga practice and breath work. Part of this seminar will be lecture and a portion will be practice. Option to use a mat or sit in a chair during our time together.



Don't Let Your Back be Whacked

Date: Wednesday, September 21st

Time: 11:30 AM

Learn how to train the back for strength, posture and daily life. We will discuss the muscles that make up the back, how to properly train them, and learn how to avoid common pains and postural issues.

October Wellness Seminar

Disruptive Tinnitus
– Dr. Cristobal



specialty class

Meditation

Date: Thursday, September 15th

Time: 3:00PM – 3:45PM

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. All levels welcome! *Space is limited, registration required through the Online Member Self-Service Portal or Member Services.*

Fleet Feet Shoe Fitting

Date: Friday, September 16th

Time: 12:00PM – 3:00PM

Cost: Free to members

Need new shoes? Fleet Feet will bring their new FIT software to provide suggestions for the right shoes, gear, and knowledge for you to move at your best. *Space is limited, registration is required through the Online Member Self-Service Portal or at Member Services.*



group exercise



September Saturday Yoga – Mindful Flow

Saturdays in September | 9:00 AM - 10:15 AM

Energetic movement through a series of poses with an emphasis on the breath while cultivating moment to moment awareness. Level 1 & 2 options with modifications will be offered. *Some yoga experience is recommended.*



October Saturday Yoga – Yoga Remedies

Saturdays in October | 9:00 AM - 10:15 AM

Simple yoga routines to help rehabilitate the entire body, mind and spirit. Each week will focus on a different area of the body.

All in-person classes require registration for each class through Online Member Self-Service or Member Services. Registration begins 7 days in advance, beginning at midnight.