

# GROUP EXERCISE SCHEDULE

2022

Updated: 10/18/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05-8:50 AM Outdoor Strong & Limber	8:30-9:15 AM Full Body Stretch	8:05-8:50 AM Outdoor Strong & Limber	8:30-9:15 AM Full Body Stretch	8:05-8:50 AM Outdoor Strong & Limber*	9:00-10:15 AM Saturday Yoga*
9:05-9:50 AM Aqua Fit*	9:30-10:15 AM Zumba Gold Toning	9:00-9:45 AM Hi-Low Cardio	9:30-10:15 AM Zumba Gold	9:00-9:45 AM Circuit Training*	
<b>9:30-10:00 AM</b> <b>Zoom</b> <b>Chair Fitness</b> <b>Pre-recorded</b>	10:30-11:15 AM Aqua Remedies	9:05-9:50 AM Aqua Fit*	10:30-11:15 AM Aqua Remedies	10:00-11:00 AM Yoga I & II	
9:30-10:15 AM Zumba Gold	<b>11:00-11:45 AM</b> <b>Zoom</b> <b>Strong &amp; Limber</b>	<b>9:30-10:00 AM</b> <b>Zoom</b> <b>Chair Fitness</b> <b>Pre-recorded</b>	11:00-11:45 AM Barre Fusion	10:00-10:45 AM Aqua Challenge*	
10:00-10:45 AM Aqua Challenge*	2:00-3:00 PM Vinyasa Yoga	10:00-10:45 AM Aqua Challenge	5:30-6:15 PM Box Step		
10:05-10:50 AM Group Cycle	5:30-6:15 PM Group Cycle	10:00-11:00 AM Yoga I			
11:00-11:45 AM Yoga Flow		10:00-11:00 AM Group Cycle			

Duke Center for Living  
at Ferrington

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[DukeFitnessFerrington.com](http://DukeFitnessFerrington.com)

**Classes that require registration are:**

Full Body Stretch, Group Cycle, Yoga Flow, Yoga I, Yoga I & II, Vinyasa Yoga, Zumba Gold, Zumba Toning and all Zoom classes.

Registration opens 7 days in advance, beginning at midnight, through online Member Self-Service or calling Member Services at **919.545.2133**.

You may cancel class registrations online using Member Self-Service or by contacting Member Services.

Cancellations must be made at least 24 hours before class start time.

Classes that are written in **BOLD** text and labeled "Zoom" meet virtually.

Members must register for each class using the online Member Self-Service portal to receive a link and password.