

Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

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member notes

NEWS IN THE CENTER | March / April 2022

DCFL STAFF UPDATES



Say hello to Exercise Physiologist Sasha! Sasha Riley is from Wisconsin where she completed her Bachelor's

degree in Kinesiology and participated in women's track and field. She moved to North Carolina to complete her Master's degree in Exercise Physiology at the University of North Carolina at Chapel Hill. She has an interest in focusing on cancer rehabilitation in the future. In her free time, she loves to go outside, workout, read books, eat ramen and play with her cat!

Welcome Exercise Physiologist Ethan!

Ethan McElroy was born in the mountains of North Carolina, and grew up in Durham and Chapel Hill. He graduated from UNC Wilmington in May 2015 with a Bachelor's degree in Exercise Science. He is an ACE certified personal trainer and competes in and coaches both powerlifting and Strongman. In his free time, he enjoys reading, fishing, playing tabletop games with his friends and family, traveling to new countries, and most importantly spending time with his wife and their two dogs and cat.



Hello to Abby Smith, our spring DCFL Intern! Abby Smith was born and raised in Clayton, North Carolina. She is a

senior at UNC Chapel Hill pursuing her degree in Exercise and Sports Science with a fitness professional concentration. After graduation she hopes to further her education by attending graduate school. In her free time, Abby loves to workout, bake lots of goodies, and spend quality time with her friends and family.

Meditation

Date: Thursday, March 17th & April 14th

Time: 2:05 PM – 2:40 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

To be held MONTHLY!

Cost: Free to members

DCFL will be hosting monthly Fitness Assessment Clinics which will include a series of tests that help 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. Check out flyers in the facility and your weekly emails for more information about registration!

Chatham County Senior Games

DCFL will be hosting the swimming events for the Chatham County Senior Games on Tuesday, May 3rd. The pool will be CLOSED from 2:00pm-4:00pm for this event. Interested in competing? Register online at <http://torch.ncseniorgames.org>. Registration ends April 1, 2022. Contact Liz Lahti, liz.lahti@chathamcoa.org for more information.

Health & Safety Guidelines

- 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. Masks should have at least two layers or tightly woven material and fully cover the mouth and nose. There should be no valves on the mask.
- Use disinfection stations to clean equipment after use.
- Wash or sanitize hands upon arrival and departure of the center.



Pool Reminders

- We ask that you contact us 24 hours in advance if you cannot attend your reserved lane or class.
- If using a reserved or drop-in lane before or after a group class, please follow the times listed on the Pool Schedule to allow participants to exit or move to another space without crowding.
- Limit use of drop-in lanes to 30 minutes while others are waiting.

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Stephanie Winegar

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march wellness seminars

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.

Hydration Habits (Julie)

Day: Wednesday, March 9th

Time: 11:15 AM

Location: Group Exercise Studio



Are you dehydrated or unsure if you are? Water plays a vital role in our lives and our overall health. In this seminar, we'll cover: signs and symptoms, personal fluid needs, tips on staying hydrated and the role of electrolytes.

Keto Diet (Stephanie)

Day: Monday, March 14th

Time: 12:00 PM

Location: Group Exercise Studio

The keto diet has become very popular in the last couple of years due to claims of weight loss. Come to this seminar to learn the process of ketosis and what the keto diet consists of.



Hemp and CBD Explained (Judy and Mike Harrelson, Broadway Hemp Company)

Day: Thursday, March 24th

Time: 12:00 PM

Location: Group Exercise Studio



Join guest speakers Judy and Mike Harrelson from Broadway Hemp Company, a local NC grower and producer of hemp, for an informative discussion demystifying the hemp industry. Learn the process of growing and producing hemp from seed to bottle. Also, learn what your endocannabinoid system is and how it works. This is a special one hour presentation and questions are encouraged.

April Seminar Topics

Stretches to Improve Posture

Program Out of Your Plateau

Improve Joint Health with Diet



Functional Conditioning*

Thursdays | 5:15 PM - 6:00 PM | Free to members

This multimodality class utilizes various strength equipment and cardio drills. A challenging class guaranteed to keep you moving!



Mindful Flow with Liz*

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

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



Yoga II with Sharon*

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

Each week will offer a different style of yoga practice: Beginner, Level 1, Level 1-2, Bija Yoga, and Relax & Restore. See flyers at DCFL or your email for more details on what each week will entail!

**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.*