

GROUP EXERCISE SCHEDULE

2022

Updated: 10/18/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05-8:50 AM Strong & Limber	8:35-9:20 AM Full Body Stretch	8:05-8:50 AM Strong & Limber	8:35-9:20 AM Full Body Stretch	8:05-8:50 AM Strong & Limber	9:00-10:15 AM Yoga
9:05-9:50 AM Aqua Fit	9:30-10:15 AM Zumba Gold Toning	9:05-9:50 AM Hi-Low Cardio	9:30-10:15 AM Zumba	9:05-9:50 AM Circuit Training	
9:30-10:00 AM Zoom Chair Fitness Pre-recorded	10:35-11:20 AM Aqua Remedies	9:05-9:50 AM Aqua Fit	10:35-11:20 AM Aqua Remedies	10:00-11:00 AM Yoga I & II	
9:35-10:15 AM Zumba Gold	11:00-11:45 AM Zoom Strong & Limber	9:30-10:00 AM Zoom Chair Fitness Pre-recorded	11:00-11:45 AM Zoom Strong & Limber Pre-recorded	10:05-10:50 AM Aqua Challenge	
10:05-10:50 AM Aqua Challenge	2:00-3:00 PM Vinyasa Yoga	10:05-10:50 AM Aqua Challenge	11:05-11:50 AM Barre Fusion		
10:05-10:50 AM Group Cycle	5:35-6:20 PM Group Cycle	10:00-11:00 AM Yoga I	5:35-6:20 PM Box Step		
11:00-12:00 PM Yoga Flow		10:05-10:50 AM Group Cycle			

Duke Center for Living
at Ferrington

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DukeFitnessFerrington.com

**Classes that require registration are:
Full Body Stretch, Group Cycle, Yoga Flow, Yoga I, Yoga I & II, Vinyasa Yoga and 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.

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