

# GROUP EXERCISE SCHEDULE

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05-8:50 AM Strong & Limber	<b>8:35-9:20 AM</b> <b>Full Body Stretch</b>	8:05-8:50 AM Strong & Limber	<b>8:35-9:20 AM</b> <b>Full Body Stretch</b>	8:05-8:50 AM Strong & Limber	<b>9:00-10:15 AM</b> <b>Yoga</b>
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	
<b>9:30-10:00 AM</b> <b>Zoom</b> <b>Chair Fitness</b> <b>Pre-recorded</b>	10:35-11:20 AM Aqua Remedies	9:05-9:50 AM Aqua Fit	10:35-11:20 AM Aqua Remedies	<b>10:00-11:00 AM</b> <b>Yoga I &amp; II</b>	
9:35-10:15 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>	<b>11:00-11:45 AM</b> <b>Zoom Strong &amp; Limber</b> <b>Pre-recorded</b>	10:05-10:50 AM Aqua Challenge	
10:05-10:50 AM Aqua Challenge	<b>2:00-3:00 PM</b> <b>Vinyasa Yoga</b>	10:05-10:50 AM Aqua Challenge	11:05-11:50 AM Barre Fusion		
<b>10:05-10:50 AM</b> <b>Group Cycle</b>	<b>5:35-6:20 PM</b> <b>Group Cycle</b>	<b>10:00-11:00 AM</b> <b>Yoga I</b>	5:35-6:20 PM Box Step		
<b>11:00-12:00 PM</b> <b>Yoga Flow</b>		<b>10:05-10:50 AM</b> <b>Group Cycle</b>			

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 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.

**Members registering for any Zoom class using the online Member Self-Service portal will receive a link and password 10 minutes before class start time**