

GROUP EXERCISE SCHEDULE

2023

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	9:00-9:50 AM Zumba <i>*1st and 3rd Saturday</i>
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	10-11:15 AM Yoga
9:30-10:15 AM Zumba Gold	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	
10:05-10:50 AM Aqua Challenge	11:05-11:50 AM Chair Fitness	10:00-11:00 AM Yoga I	11:05-11:50 AM Barre Fusion	10:05-10:50 AM Aqua Challenge	
10:05-10:50 AM Group Cycle	2:00-3:00 PM Vinyasa Yoga	10:05-10:50 AM Aqua Challenge	2:05-2:50 Chair Full Body Stretch	11:15 -12:00 PM Chair Pilates	
11:00-12:00 PM Yoga Flow	4:30-5:20 PM STRONG Nation - Conditioning	10:05-10:50 AM Group Cycle	5:35-6:20 PM Aqua Challenge		
5:05-5:50 PM Total Body Strength	5:35-6:20 PM Group Cycle	5:05-5:50 PM Total Body Strength	5:45-6:45PM Evening Yoga		
	5:35-6:20 Aqua Zumba				

Duke Center for Living
at Ferrington

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Classes that require registration are indicated in red.

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.

CLASS DESCRIPTIONS:

Aqua Fit: An intermediate level cardiovascular class for members wishing to burn fat and tone muscles using the power of liquid resistance.

Aqua Challenge: Designed for the veteran aquatic exerciser, this demanding class uses the water to give your muscles and lungs a tough workout.

Aqua Remedies: Improve joint range of motion, flexibility, muscular strength, and balance while getting the therapeutic benefits of working in the water.

Aqua Zumba: This class blends the Zumba philosophy with water resistance for one pool party you won't want to miss!

Barre Fusion: This class incorporates elements from Pilates, ballet and athletic movement. Designed for all levels to help create core strength, balance and flexibility.

Chair Fitness: This class uses easy to follow moves focusing on balance, strength and coordination while using the chair as a prop.

Chair Full Body Stretch: Improve overall flexibility and mobility by stretching from head to toe - without having to get on the floor!

Chair Pilates: Lengthen muscles and strengthen the core with seated and standing Pilates movements. Chairs and props used in this class. No mat work.

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

Evening Yoga: Relax and unwind after a workout or a long day. Mild stretches and restorative poses release tension and re-set your nervous system.

Full Body Stretch: This class leads you through variety of stretches to help improve overall flexibility, mobility and posture.

Group Cycle: Music guides participants through a series of drills including flat roads, hills, and sprints. This class can be challenging, but allows everyone to work at their own pace.

Hi-Low Cardio: This energetic class is designed to get you heart rate up by incorporating choreographed cardio movement patterns along with some strength and core training designed to improve cardiovascular fitness, strength and endurance.

Saturday Yoga: This class will be taught by a variety of instructors teaching different styles each week. See weekly schedule for class style.

Strong & Limber: Perform strength and flexibility exercises for all major muscle groups with various strength equipment.

STRONG Nation (by Zumba): This full body conditioning class combines body weight, cardio, and plyometric training moves synced to music designed to match your every move.

Total Body Strength: Challenge yourself using TRX, kettlebells, and various strength equipment to improve overall strength and mobility.

Zumba: Zumba is a Latin inspired dance-fitness program that blends international music and contagious steps to form a "fitness party" that is downright addictive!

Zumba Gold: Easy to follow choreography focusing on balance, range of motion and coordination.

Zumba Gold Toning: Blends the Zumba® party you love at a moderate-intensity with a redefining total body workout using Zumba® Toning Sticks, light dumbbells, or body weight to shake up those muscles! Great for beginners and those new to Zumba.

Vinyasa Yoga: Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage students to work within their own levels. Yoga experience is recommended.

Yoga I: Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

Yoga I & II: Learn beginner to intermediate poses. Alignment based approach is offered with modification and props as needed to realize the full benefit of each pose. A basic knowledge of yoga is helpful but not required.