

# GROUP EXERCISE SCHEDULE

# 2024

1.1.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:05-8:50 AM</b> Strong & Limber	<b>7:05-7:50 AM</b> Strong & Limber	<b>8:05-8:50 AM</b> Strong & Limber	<b>7:05-7:50 AM</b> Strong & Limber	<b>8:05-8:50 AM</b> Strong & Limber	9:00-9:45 AM Zumba <i>*Alternating weeks</i>
9:00-9:45 AM Zumba Gold	<b>8:05-8:50 AM</b> Full Body Stretch	9:05-9:50 AM Hi-Low Cardio	<b>8:05-8:50 AM</b> Full Body Stretch	9:05-9:50 AM Circuit Training	9:00-9:45 AM Group Cycle
9:05-9:50 AM Aqua Fit	9:00-9:45 AM Zumba Gold Toning	9:05-9:50 AM Aqua Fit	9:00-9:45 AM Zumba	9:05-9:50 AM Aqua Challenge	<b>10-11:15 AM</b> Yoga
10:00 -10:50 AM Mat Pilates	<b>10:05-10:50 AM</b> Strong & Limber	<b>10:00-11:00 AM</b> Yoga I	10:05-10:50 AM Step Aerobics	<b>10:00-11:00 AM</b> Yoga I & II	
10:05-10:50 AM Aqua Challenge	10:35-11:20 AM Aqua Remedies	10:05-10:50 AM Aqua Challenge	10:35-11:20 AM Aqua Remedies	10:05-10:50 AM Aqua Challenge	
10:05-10:50 AM Group Cycle	11:05-11:50 AM Box Step Circuit	10:05-10:50 AM Group Cycle	11:05-12:05 PM Barre Pilates Fusion	11:15 -12:00 PM Chair Pilates	
<b>11:00-12:00 PM</b> Yoga II	<b>2:00-3:00 PM</b> Vinyasa Yoga	11:15-12:00 PM Chair Fitness	1:05 -1:35 PM Core Express		
<b>2:35-3:20 PM</b> Full Body Stretch	4:30-5:20 PM Zumba	3:15-4:00 PM Chair Yoga	<b>3:30-4:30 PM</b> Yoga I		
5:05-5:50 PM Total Body Strength	5:35-6:20 PM Aqua Zumba	5:05-5:50 PM Total Body Strength	5:35-6:20 PM Aqua Challenge		
			<b>5:45-6:45PM</b> Evening Yoga		

Duke Center for Living  
at Ferrington

100 Clynelish Close • Pittsboro, NC 27312 • 919.545.2133

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

**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:**

### **Aquatic**

**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!

### **Cardio & Strength**

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

**Box Step Circuit:** A full body cardio workout that blends step aerobics and kickboxing. Come get your sweat on!

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

**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.

**Core Express:** Designed to strengthen the core while improving posture and balance through performing a variety of exercises that focus on the abdominals, back, and hips.

**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.

**Mat Pilates:** Practice the principles of Pilates combining proper form with breathing technique. Slow, controlled movements are used to strengthen the abdominals, back and hip girdle muscles. All levels are welcome.

**Step Aerobics:** A great low-impact cardio workout that uses the step to increase intensity, offering fun choreography that is sure to keep you moving.

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

**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.

### **Yoga & Stretch**

**Chair Yoga:** Relax, restore, and revitalize the body with basic yoga postures while using the chair for support. Great for beginners!

**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.

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

**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.

**Yoga II:** Class focuses on an intermediate practice, including standing poses, while staying within a comfortable range. *\*Yoga experience is recommended.*