

GROUP EXERCISE SCHEDULE

2024 6.27.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05-8:50 AM Strong & Limber	7:05-7:50 AM Strong & Limber	8:05-8:50 AM Strong & Limber	7:05-7:50 AM Strong & Limber	8:05-8:50 AM Strong & Limber	9:05-9:50 AM Zumba
9:05-9:50 AM Dance Mix	8:05-8:50 AM Full Body Stretch	9:00-9:45 AM Group Cycle	8:05-8:50 AM Full Body Stretch	9:05-9:50 AM Circuit Training	9:00-9:45 AM Group Cycle
9:05-9:50 AM H2O Fit	9:05-9:50 AM Zumba Gold Toning	9:05-9:50 AM Hi-Lo Cardio	9:05-9:50 AM Zumba Gold	9:05-9:50 AM H2O Fit	10:00-11:15 AM Yoga
10:00 -10:50 AM Mat Pilates	10:05-10:50 AM Strong & Limber	9:05-9:50 AM H2O Fit	10:05-10:50 AM Step Aerobics	10:00-11:00 AM Yoga I & II	SUNDAY
10:05-10:50 AM H2O Fit	10:35-11:20 AM Aqua Remedies	10:00-11:00 AM Yoga I	10:35-11:20 AM Aqua Remedies	10:05-10:50 AM H2O Fit	
10:05-10:50 AM Group Cycle	11:05-11:50 AM Box Step Circuit	10:05-10:50 AM H2O Fit	11:05-12:05 PM Barre Pilates Fusion	10:05-10:50 AM Group Cycle	
11:00-12:00 PM Yoga II	12:15-1:15 PM Vinyasa Yoga	10:05-10:50 AM Group Cycle	1:05 -1:35 PM Core Express	11:15 -12:00 PM Chair Pilates	
2:15-3:00 PM Full Body Stretch	4:30-5:20 PM Zumba	11:15-12:00 PM Tabata Core Circuit	3:15-4:15 PM Yoga I	3:00 -4:00 PM Meditation	
3:15-4:00 PM Chair Fitness	5:35-6:20 PM Aqua Zumba	3:15-4:00 PM Chair Yoga	4:30-5:15 PM TRX-Kettlebell		
5:05-5:50 PM Total Body Strength	5:45-6:30 PM TRX-Kettlebell	5:05-5:50 PM Total Body Strength	5:35-6:20 PM H2O Fit		
			5:45-6:45PM Evening Yoga		

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

Aquatic

H2O Fit: This cardiovascular pool class is suitable for all fitness levels.

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

Aqua Zumba®: Blend 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 movements. 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.

Dance Mix: A high-energy dance class uses low impact movements inspired by dance styles ranging from Latin, Jazz, to hip-hop.

Group Cycle: Music guides participants through drills including flat roads, hills, and sprints. This class allows everyone to work at their own pace.

Hi-Lo Cardio: This energetic class is designed to get you heart rate up through choreographed cardio patterns along with some strength and core work.

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 classic cardio workout that offers fun choreography while using the step to increase intensity.

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

Tabata Core Circuit: Take your workout to the next level through timed intervals of cardio and strength exercises. Class ends with 15-minutes of core.

Total Body Strength: Challenge yourself using various strength equipment and complex movements to improve overall strength and mobility.

TRX-Kettlebell: Target your core while improving strength and endurance through dynamic movements using the TRX and kettlebells.

Zumba®: An interval-style dance fitness party that combines low-intensity and high-intensity moves.

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

Zumba Gold Toning®: Blend the Zumba® party you love at a moderate-intensity using Zumba® Toning Sticks, light dumbbells, or body weight. Great for those new to Zumba.

Yoga & Stretch

Chair Yoga: Chair-based yoga offers the same benefits as traditional yoga - while using the chair as a prop.

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 & Sunday 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.***

Meditation: Bring the mind and body back to a natural and calm state. Each month progresses from 30 minute guided to 45 minutes silent.