

# GROUP EXERCISE SCHEDULE

**2024**  
8.1.2024

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	9:00-9:45 AM Zumba
9:00-9:45 AM Group Cycle	8:05-8:50 AM Full Body Stretch	9:05-9:50 AM Hi-Lo Cardio	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 Dance Mix	9:05-9:50 AM Zumba Gold	9:05-9:50 AM H2O Fit	9:05-9:50 AM Zumba Gold Toning	9:05-9:50 AM H2O Fit	10:00-11:15 AM Yoga
9:05-9:50 AM H2O Fit	10:05-10:50 AM Strong & Limber	9:00-9:45 AM Group Cycle	10:05-10:50 AM Step Aerobics	10:00-11:00 AM Yoga I & II	SUNDAY 2:30-3:45 PM Yoga
10:00 -10:50 AM Mat Pilates	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 H2O Fit	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	
10:05-10:50 AM Group Cycle	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	
11:00-12:00 PM Yoga II	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	
2:15-3:00 PM Full Body Stretch	5:35-6:20 PM Aqua Zumba	3:15-4:00 PM Chair Yoga	4:30-5:15 PM TRX-Kettlebell		
3:15-4:00 PM Chair Fitness	5:45-6:30 PM TRX-Kettlebell	5:05-5:50 PM Total Body Strength	5:35-6:20 PM H2O Fit		
5:05-5:50 PM Total Body Strength			5:45-6:45PM Evening Yoga		

**Duke Center for Living**  
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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 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.