

# 2025 GROUP EXERCISE SCHEDULE

3.2025

## MONDAY

<b>7:05-7:50 AM</b> <b>Strong &amp; Limber</b>
<b>8:05-8:50 AM</b> <b>Strong &amp; Limber</b>
<b>9:00-9:45 AM</b> <b>Group Cycle</b>
9:05-9:50 AM Dance Mix
9:05-9:50 AM H2O Fit
10:00 -10:50 AM Mat Pilates
10:05-10:50 AM H2O Fit
<b>10:05-10:50 AM</b> <b>Group Cycle</b>
<b>11:00-12:00 PM</b> <b>Yoga II</b>
<b>12:15-1:15 PM</b> <b>Yoga I</b>
<b>2:15-3:00 PM</b> <b>Full Body Stretch</b>
3:15-4:00 PM Chair Fitness
5:05-5:50 PM Total Body Strength

## TUESDAY

<b>7:05-7:50 AM</b> <b>Strong &amp; Limber</b>
<b>8:05-8:50 AM</b> <b>Full Body Stretch</b>
9:05-9:50 AM Zumba Gold
<b>10:05-10:50 AM</b> <b>Strong &amp; Limber</b>
10:35-11:20 AM Aqua Remedies
11:05-11:50 AM Box Step Circuit
<b>12:00 - 1:00 PM</b> <b>Vinyasa Yoga</b>
<b>3:05-3:50 PM</b> <b>Full Body Stretch</b>
5:35-6:20 PM H2O Fit
<b>5:45-6:30 PM</b> <b>TRX Kettlebell</b>

## WEDNESDAY

<b>7:05-7:50 AM</b> <b>Strong &amp; Limber</b>
<b>8:05-8:50 AM</b> <b>Strong &amp; Limber</b>
<b>9:00-9:45 AM</b> <b>Group Cycle</b>
9:05-9:50 AM Hi-Lo Cardio
9:05-9:50 AM H2O Fit
<b>10:00-11:00 AM</b> <b>Yoga I</b>
10:05-10:50 AM H2O Fit
<b>10:05-10:50 AM</b> <b>Group Cycle</b>
<b>11:15-12:00 PM</b> <b>TRX Kettlebell</b>
12:30-1:20 PM Mat Pilates
3:05-3:50 PM Chair Yoga
5:05-5:50 PM Total Body Strength
<b>6:05-6:50 PM</b> <b>Cycle &amp; Strength</b>

## THURSDAY

<b>7:05-7:50 AM</b> <b>Strong &amp; Limber</b>
<b>8:05-8:50 AM</b> <b>Full Body Stretch</b>
9:05-9:50 AM Zumba Gold Toning
10:05-10:50 AM Step Aerobics
10:35-11:20 AM Aqua Remedies
11:05-12:05 PM Barre Pilates Fusion
<b>3:15-4:15 PM</b> <b>Yoga I</b>
<b>4:30-5:15 PM</b> <b>TRX-Kettlebell</b>
5:35-6:20 PM H2O Fit
<b>5:45-6:30PM</b> <b>Evening Yoga</b>

## FRIDAY

<b>7:05-7:50 AM</b> <b>Strong &amp; Limber</b>
<b>8:05-8:50 AM</b> <b>Strong &amp; Limber</b>
<b>9:05-9:50 AM</b> <b>Group Cycle</b>
9:05-9:50 AM Circuit Training
9:05-9:50 AM H2O Fit
<b>10:00-11:00 AM</b> <b>Yoga I &amp; II</b>
10:05-10:50 AM H2O Fit
<b>10:05-10:50 AM</b> <b>Group Cycle</b>
11:15 -12:00 PM Chair Pilates
<b>3:00 -4:00 PM</b> <b>Meditation</b>

## SATURDAY

9:05-9:50 AM Instructor's Choice Cardio
<b>9:00-9:45 AM</b> <b>Group Cycle</b>
<b>10:00-11:15 AM</b> <b>Instructor's Choice Yoga</b>
10:05-10:50 AM Instructor's Choice Aqua

## SUNDAY

<b>2:30-3:45 PM</b> <b>Instructor's Choice Yoga</b>
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Duke Center for Living  
at Ferrington

Classes that require registration are indicated in red.  
Registration opens 7 days in advance at midnight on  
the member portal or call **919.545.2133**.

## **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.

**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.