WELLNESS SEMINARS



DECEMBER 2026

Strength for the Miles Ahead with Witt

Wednesday, December 9 at 11:00 am

Wellness Corner

A companion to the 2027 challenge to cycle 2,700 miles for men and 2,700 kilometers for women. This seminar will focus on the understanding of muscle growth, choosing an appropriate training effort, and how the use strength records to guide consistent practice.

Building Strength from the Inside Out with Jahna

Wednesday, December 12 at 2:00 pm

Group Exercise Studio

Focusing on pelvic floor health and its essential role in activities of daily living. Learn how your pelvic floor supports your body and why intentionally strengthening is important. Discover how a strong, healthy pelvic floor contributes to lifelong well-being.

Registration required through the Online Portal, App or at the Member Services desk!

Duke Center for Living at Fearrington

100 Clynelish Close, Pittsboro, NC 27312
Phone 919.545.2133
www.dukefitnessfearrington.com