

May  
2017

# GROUP EXERCISE

Duke Center for Living  
at Fearington

100 Clynelish Close • Pittsboro • Phone: 919-545-2133

## MONDAY

7:00-7:45a	Strong & Limber
8:00-8:45a	Cardio Moves
9:00-9:45a	Senior Fitness
9:00-9:50a	Group Cycling*
10:00-11:00a	Yoga I
11:15-12:30p	Yoga I & II
2:00-3:00p	Intermediate Pilates
5:30-5:45p	Core
5:45-6:30p	Total Body Strength
6:30-7:15p	Group Cycling*

## TUESDAY

8:00-8:45a	Step Aerobics
9:00-9:45a	Full Body Stretch
11:00-11:15a	Core
11:15-12:00p	Strong & Limber
2:00-3:00p	Tai Chi
3:15-4:30p	Vinyasa Yoga
5:30-6:20p	Zumba®
6:30-7:30p	Evening Yoga

## WEDNESDAY

7:00-7:45a	Strong & Limber
8:00-8:45a	Cardio Fusion
9:00-9:45a	Senior Fitness
9:00-9:50a	Group Cycling*
10:00-11:00a	Yoga II
11:15-12:00p	Barre*
3:30-4:30p	Basic Pilates
5:30-5:45p	Core
5:45-6:30p	Total Body Strength
6:30-7:15p	Group Cycling*

### REMINDERS:

*Please arrive 5 minutes prior to class start time, especially for mind-body classes.  
Classes are subject to change based on low attendance, instructor availability and facility needs.  
Please see Pool Schedule for aquatic classes.*

## THURSDAY

8:00-8:45a	Step Aerobics
9:00-9:45a	Full Body Stretch
10:00-11:00a	Gentle Yoga & Meditation
11:15-12:00p	Strong & Limber
3:00-3:45p	Power Flow
5:15-6:00p	Functional Conditioning
6:30-7:30p	Evening Yoga

## FRIDAY

7:00-7:45a	Strong & Limber
8:00-8:50a	Zumba
9:00-9:45a	Senior Pilates
9:00-9:50a	Group Cycling*
10:00-11:00a	Intermediate Pilates
11:15-12:30p	Yoga I

## SATURDAY

9:30-10:45a *Yoga-Rotating Instructor*

\*Denotes class that requires sign-up. Sign-up is required for Group Cycle and Barre. This may be done no sooner than 24 hours in advance at the Member Services desk or by calling 919-545-2133. When the facility is closed, phone messages should be left on the DCFL voicemail and are taken on a first come, first served basis.

### National Senior Health and Fitness Day is Wednesday May 31st!

Join us for refreshments and activities  
throughout the day.

### De-Stress and Renew

Sunday, May 21st  
3:15pm-4:30pm

\*Registration is required at the Member Services Desk

## EXERCISE STUDIO

**\*Barre:** This ballet inspired class provides a total body workout by blending body weight strength training and muscle conditioning. Strong emphasis on lower body, core strengthening and balance work.

**Cardio Fusion:** Designed to get your heart rate up, this class is an energetic and easy to follow blend of various cardio techniques including kickboxing, step, dance and hi-lo aerobics.

**Cardio Moves:** This class offers a choreographed, low-impact workout. Includes 30 minutes of cardiovascular training followed by toning and flexibility exercise. Great for beginner to intermediate exercisers.

**CORE:** This 15 minute class works to strengthen and firm your abdominal region and lower back, improve balance and stability.

**Full Body Stretch:** This relaxing class teaches a variety of stretches to help improve overall flexibility, mobility and posture, making many daily tasks easier and safer.

**Functional Conditioning:** This multimodality class utilizes TRX, kettlebells, various strength equipment and cardio drills. A challenging class guaranteed to keep you moving.

**Senior Fitness:** This group class uses easy to follow moves, focusing on balance, strength and coordination. A portion of this class offers chair exercise. Great for beginners and those with physical limitations.

**Step Aerobics:** A great low-impact cardio workout for beginner and intermediate exercisers; offering fun choreography that is sure to keep you moving!

**Strong & Limber:** Perform strength and flexibility exercises for all major muscle groups using weights, exercise bands, bars and more.

**Tai Chi:** Serenity through gentle movements connecting the mind and body; used for stress reduction and to improve health, balance and flexibility.

**Total Body Strength:** A non-aerobic strength training workout utilizing hand weights, body bars, resistance tubing, and body weight resistance to increase lean muscle tissue, strength, and metabolism from head to toe.

**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!

## CYCLING

**\*Group Cycling:** Participants are led through a series of flat roads, hills and sprints. With motivating music, this class can be challenging, but allows everyone to work at their own pace.

## MIND-BODY EXERCISE

**Basic Pilates:** Practice the basic principles of Pilates combining proper form with breathing technique. Balls, weights, bands and rings may be used for an added resistance. Geared toward beginners, but all levels are welcome.

**Intermediate Pilates:** This class moves at a more rapid pace and will include more intermediate level pilates exercises. Equipment may be incorporated into the traditional flow of mat work for added resistance and challenge. *\*Pilates experience is recommended.*

**Senior Pilates:** Lengthen muscles and strengthen the core with seated and standing Pilates movements. Chairs and props used in this class. No mat work.

**Vinyasa Yoga:** Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage each student to work within their own levels. *\*Yoga experience is required.*

**Yoga I:** Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

**Yoga I and II:** For those with some knowledge of Yoga. Learn beginning to intermediate yoga poses and breathing techniques while focusing on strength and flexibility.

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

**Gentle Yoga & Meditation:** Bring balance back into your body and mind through gentle stretching, postural awareness, breathing and relaxation. Great for first timers!

**Power Flow:** A fitness based style of yoga that emphasizes full body strength flexibility using basic, intermediate, and advanced postures.

*\*Yoga experience recommended*

**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.

**SATURDAY YOGA:** Rotating instructors will offer a variety of yoga including Therapeutic, Anusara and Vinyasa Yoga. The monthly schedule is posted on the studio door.