



# Group Fitness Schedule



|       | Sunday       | Monday   | Tuesday                                  | Wednesday                                    | Thursday   | Friday                                     | Saturday                                     |   |  |
|-------|--------------|--|--|--|--|--|--|---|--|
| 8:00  | Table Tennis |  |  |  |  |  |  | 8:00  |  |
| 9:00  |              | Cardio Strength & Balance Fusion<br>Melissa<br>9:00-9:45   | Fit & Tone<br>Julia<br>9:00-9:45         | Hydroblast<br>Alana<br>9:00-9:45             | Cardio Strength & Balance Fusion<br>Melissa<br>9:00-9:45   | Fit & Tone<br>Julia<br>9:00-9:45           | Aqua Boot Camp<br>Alana<br>9:00-9:45         | Cardio/Strength Circuit<br>Carol<br>9:00-9:45 | Walkie Talkies<br>Resident Led<br>9:00-10:00 |
| 10:00 |              |  | Balance Basics<br>Julia<br>10:00-10:25   | Functional Fitness<br>Melissa<br>10:30-11:00 | Yoga<br>Cheryl<br>10:00-11:00                              | Balance Basics<br>Julia<br>10:00-10:25     | Functional Fitness<br>Melissa<br>10:30-11:00 | Yoga<br>Cheryl<br>10:00-11:00                 |  |
| 11:00 |              | Yoga Nidra<br>Cheryl<br>11:00-11:30                        | Balance Basics<br>Melissa<br>11:00-11:30 |  |  | Balance Basics<br>Melissa<br>11:00-11:30   |  |   | Seated Volleyball<br>10:30-12:00             |
|       |              | Meditation<br>PR #2019<br>Larry Inderbitzin<br>11:30-12:00 |  | Seated Yoga<br>Cheryl<br>11:15-12:00         | Meditation<br>PR #2019<br>Larry Inderbitzin<br>11:30-12:00 | Seated Yoga<br>Cheryl<br>11:15-12:00       |  |   |  |
| 12:00 |              |  |  |  |  |  |  |   | 12:00  |
| 1:00  |              |  | Tai Chi<br>Nina<br>1:00-1:45             |  |  |  |  | Mat Pilates<br>Rena<br>1:00-1:45              | 1:00   |
| 2:00  |              | World Dance Fitness<br>Janet Levy<br>2-2:45                | Table Tennis<br>2:00-3:00                | Therapeutic Aqua<br>Carol<br>2:00-2:45       | Table Tennis<br>2:00-3:00                                  | Therapeutic Aqua<br>Carol<br>2:00-2:45     | Table Tennis<br>2:00-3:00                    | Table Tennis<br>2:00-3:00                     | 2:00   |
| 3:00  |              | Table Tennis   |  | Dance Fitness<br>Carly<br>3:15 - 4:00        | Gym Time!<br>3:00-4:00                                     | Dance Fitness<br>Carly<br>3:15-4:00        |  |   | 3:00   |
| 4:00  |              | Seated Volleyball<br>4:00-5:00                             |  | Seated Dance Fitness<br>Carly<br>4:15-5:00   |  | Seated Dance Fitness<br>Carly<br>4:15-5:00 |  |   | 4:00   |
| 5:00  |              |  |  |  |  |  |  | 5:00  |  |

Room Key: Group Exercise Studio Gym Pool Auditorium Front Entrance Zoom

Updated 10/2022



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## Fitness Center Orientation or Refresher

Are you new to the Fitness Center? Please schedule an appointment to complete your mandatory orientation. In need of a Gym Orientation refresher or Exercise Routine? Call or email Melissa today at **919-419-4017** or **mcusick@forestduke.org**.

## Senior Fitness Assessment

This test gives base line fitness information that compares you to others your age and gender in the areas of strength, flexibility, balance, endurance. Annual assessments are complimentary.

## Gym Time!

An Exercise Physiologist will be available to offer assistance and supervision. Swing by the Gym anytime between 3-4pm each Wednesday!

## Balance Class

Exercises are performed standing, with chair support. Activities focus on skills needed to develop more efficient movement, improve body awareness, and decrease the risk of falls.

## Cardio Strength & Balance Fusion

This is a high intensity class incorporating cardiovascular conditioning and strength training with challenging balance exercises in a full body workout.

## Cardio/Strength Circuit

This is a great mixture of cardiovascular exercises and resistance training. A variety of "stations" will be set up for timed intervals using minimal equipment.

## Dance Fitness & Seated Dance Fitness

Through the use of fun, upbeat music ranging from the 1920's to today, and easy-to-follow dance steps and movements, we will be improving your coordination, balance, agility, and memory while exercising the whole body and having a great time. Classes are low impact, high energy, and stress free--don't worry about following along exactly!

**Dance Fitness** is great for those steady on their feet and looking for a little extra cardio.

**Seated Dance Fitness** is perfect for ANYONE, especially those who are more comfortable exercising from a chair.

## Fit & Tone

Enjoy the use of stability balls, tubes, dumbbells, barre, and floor work on mats in this class to improve flexibility, build strength and endurance for the entire body. It emphasizes alignment, developing a strong core, and improving coordination and balance.

## Functional Fitness

This class offers seated or standing cardiovascular training as well as strength training and stretching.

## Hydro Blast & Aqua Boot Camp

These high intensity, medium impact classes are geared to improve cardio endurance and enhance body tone including work with dumbbells and pool noodles! Challenge yourself with diverse cardio interval and Tabata water workouts! Water shoes recommended.

## Mat Pilates

This class focuses on increasing strength, flexibility, balance, and core control while maintaining proper form and alignment. Pilates exercises effectively target deep abdominal muscles to help stabilize the entire body and improve functional ability. We sometimes use small props such as the magic circle or ring, balls, or light weights. Suitable for all fitness levels.

## Meditation

Guided meditation led by resident, Larry Inderbitzin, is open to all. Each session varies somewhat but is always consistent with the method being taught in more than 800 of the leading medical institutions around the world, including Duke!

## Seated Volleyball

Bump, Set, Spike each Saturday morning with your neighbors! Don't miss the fun!

## Tai Chi

This T'ai Chi class will include warm-ups to open up the joints, Qigong (energy and breath work), walking exercises, and the Wu/Hao Style of T'ai Chi in which to practice the principles of structure and balance.

## Table Tennis

Come join a game with your friends and neighbors! Paddles, table, and ping pong balls provided.

## Therapeutic Aquatics

This class is perfect for anyone who would like to reduce pain levels, improve joint function and increase muscle strength- all in a friendly and supportive pool environment.

## World Dance Fitness

Students in this class will move to rhythms from all over the world. Dances are taught by resident, Janet Levy, and are low impact and moderate intensity, moving arms, hips and legs. The class is designed to provide a fun way to build and preserve stamina and agility.

## Yoga

**Mat Yoga** - In this active class, we combine slow warmups on the floor, then move to kneeling and standing poses that promote body awareness, flexibility, strength, balance, and pain-free movement. Cheryl also includes the subtle practices of mudra, breath, sound, and relaxation, and incorporates a modern take on ancient yoga philosophy. Please bring your yoga mat if you have one, blankets, blocks, straps, and pillows are provided.

**Chair Yoga** - Anyone can do yoga, even if you prefer to not get on the floor. In this class we use chairs, blocks and balls to support the body during seated warmups for flexibility, then stand behind the chairs for poses that promote balance and body awareness. Cheryl also offers breathing and relaxation techniques to help you feel more relaxed and centered.

**Yoga Nidra** - In this guided visualization session on Zoom, you will join from the comfort of home, setting yourself up in a reclining position on the bed, recliner, sofa, or floor with ample support under your body. Then simply listen to the instructions as Cheryl guides you to a place between waking and sleeping where you can easily connect to compassionate self-awareness of your body, breath, and thoughts.

## Zumba

Zumba is dance and aerobic exercise with many cultural influences. No experience is necessary and steps can be modified to meet your fitness level. You will have the option to remain on your feet or perform the dances seated.