



Group Fitness Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
9:00	Table Tennis	Cardio & Strength Fusion Melissa 9:00-9:45	Mat, Core & More Julia 9:00-9:45	Hydro Blast Alana 9:00-9:45	Cardio & Strength Fusion Melissa 9:00-9:45	Mat, Core & More Julia 9:00-9:45	Aqua Boot Camp Alana 9:00-9:45	Cardio & Strength Circuit Melissa 9:00-9:45	Walkie Talkies Resident Led 9:00-10:00	Mat Pilates Rena 8:45-9:30	9:00		
10:00			Balance Basics Julia 10:00-10:25	Yoga Nidra Cheryl 10:15-11:00	Functional Fitness Melissa 10:30-11:00	Yoga Cheryl 10:00-11:00	Balance Basics Julia 10:00-10:25	Functional Fitness Melissa 10:30-11:00	Yoga Cheryl 10:00-11:00			10:00	
11:00			Meditation PR #2019 Larry 11:30-12:00	Seated Exercise Melissa 11:30-12:00	Seated Exercise Julia 11:30-12:00	Seated Yoga Cheryl 11:15-12:00	Balance Basics Melissa 11:00-11:30	Meditation PR #2019 Larry 11:30-12:00	Seated Yoga Cheryl 11:15-12:00	Seated Exercise Carol 11:30-12:00	Seated Volleyball 10:30-12:00	Zumba Benita & Heidi (Alternates) 11:00-11:45	11:00
12:00													12:00
1:00			Tai Chi Nina 1:00-1:45						The Art of Balance Nina 1:00-1:45				1:00
2:00			Table Tennis 2:00-3:00	Therapeutic Aqua Carol 2:00-2:45	Table Tennis 2:00-3:00	Therapeutic Aqua Carol 2:00-2:45	Table Tennis 2:00-3:00	Table Tennis 2:00-4:00					2:00
3:00				Dance Fitness Carly 3:15 - 4:00	Gym Time! 3:00-4:00	Dance Fitness Carly 3:15-4:00							
4:00	Seated Volleyball 4:00-5:00	Music & Movement Carly 3:45-4:15	Seated Dance Fitness Carly 4:15-5:00		Seated Dance Fitness Carly 4:15-5:00							4:00	
5:00		Barre Class Rena 4:45-5:30										5:00	
6:00												6:00	
	Room Key:	Group Exercise Studio	Gym	Pool	Auditorium	H&W	Front Entrance	Zoom				Updated 4/2023	



Group Fitness Schedule



Fitness Center Orientation or Refresher

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!

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

The Art of Balance

This class will focus on applying the fundamental principles of T'ai Chi to our common everyday movements. The knowledge and practice of these principles can enhance our ability to move through life in a balanced way. Class will include seated, standing and walking/moving exercises. Come and discover the reasons why doctors recommend T'ai Chi for improving balance. *6 week class each Friday at 1PM from 4/7 - 5/12 in GES.

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.

Barre Class

Barre is a unique total body workout utilizing a ballet barre, light dumbbells, and ballet-inspired movements to strengthen and challenge the entire body. High reps and various barre position combinations will help you fine tune and tone your muscles! This class builds cardiorespiratory endurance, strength, and flexibility in a low-impact manner by combining elements of Pilates, Yoga, and strength training. No ballet experience needed!

Cardio & Strength 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 exercise 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.

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.

Mat, Core & More

Join your neighbors for a workout emphasizing floor work on mats, developing a strong core, and improving coordination, alignment, and balance. This class often includes stability balls, tubes, dumbbells, and barre to work out the entire body. Come join the fun!

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

Get ready to Bump, Set, Spike each Saturday morning and Sunday late afternoons 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 Aqua

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.

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. The subtle practices of mudra, breath, sound, and relaxation, is incorporated into 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. Breathing and relaxation techniques are offered 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 you are guided 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.