# Group Fitness Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Cardio &amp; Strength Fusion Melissa 9:00-9:45</td>
<td>Mat, Core &amp; More Julie 9:00-9:45</td>
<td>Hydro Blast Alana 9:00-9:45</td>
<td>Cardio &amp; Strength Fusion Melissa 9:00-9:45</td>
<td>Mat, Core &amp; More Julie 9:00-9:45</td>
<td>Aqua Boot Camp Pam 9:00-9:45</td>
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<tr>
<td>10:00</td>
<td>Table Tennis</td>
<td>Balance Class</td>
<td>Yoga &amp; Functional Fusion Julian 10:00-10:25</td>
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<tr>
<td>12:00</td>
<td>Meditation PR #2019 Larry 11:30-12:00</td>
<td>Seated Exercise Melissa 11:00-12:00</td>
<td>Seated Yoga Cheryl 11:15-12:00</td>
<td>Balance Class</td>
<td>Meditation PR #2019 Larry 11:30-12:00</td>
<td>Seated Volleyball</td>
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<tr>
<td>1:00</td>
<td>T’ai Chi Nina 1:00-1:45</td>
<td>Table Tennis 2:00-3:00</td>
<td>Water Wellness Carol 2:00-2:45</td>
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<td>Table Tennis 2:00-3:00</td>
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<td>2:00</td>
<td>Table Tennis 2:00-3:00</td>
<td>Water Wellness Carol 2:00-2:45</td>
<td>Dance Fitness Carly 3:15-4:00</td>
<td>Gym Time!</td>
<td>Dance Fitness Carly 3:15-4:00</td>
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<td>3:00</td>
<td>Seated Volleyball 4:30-5:30</td>
<td>Music &amp; Movement Carly 3:45-4:15</td>
<td>Seated Dance Fitness Carly 4:15-5:00</td>
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<td>4:00</td>
<td>Barre Class Rena 4:45-5:30</td>
<td>Seated Dance Fitness Carly 4:15-5:00</td>
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**Room Key:**
- Group Exercise Studio
- Gym
- Pool
- Auditorium
- Health Center
- Front Entrance
- Zoom

Updated 4/2024
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 the certified Community Wellness Manager today at 919-419-4017 or mcusicck@forestduke.org.

Senior Fitness Assessment
This test gives baseline 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!

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 class is a great combination of cardiovascular exercises and strength training exercises at a variety of stations. Each station is set up for timed intervals targeting different muscle groups.

Functional Fitness
Functional Fitness offers seated or standing cardiovascular exercises as well as strength training and stretching.

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.

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!

T’ai 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.

Water Wellness
Come as you are for water exercises designed to improve balance, agility, posture, core strength, and functional flexibility. Find YOUR pace with the support of your instructor. Whether you are recovering or recovered, this low impact class is beneficial for your individualized wellness goals by incorporating heart-healthy water walking, strengthening buoys and noodles, and wall work for ROM and stretching in every class. Come feel camaraderie with your classmates to be where you are, and do what’s right and well for YOU on any given day!

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.

*Classes Subject to Change