



LAND EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strong & Limber 7:15-8:00am		Circuit Training 6:15-7:00am		Cycle Fit 6:15-7:00am	
		Strong & Limber 7:15-8:00am		Strong & Limber 7:15-8:00am	
		Cardio Move 8:15-8:55am		Step Aerobics 8:15-8:55am	
Strong & Limber 9:00-9:40am	Strong & Limber 9:00-9:40am	Strong & Limber 9:00-9:40am	Strong & Limber 9:00-9:40am	Strong & Limber 9:00-9:40am	Instructor's Choice 10:00-11:00am
Cycle Fit 9:00-9:45am <i>*headphones used</i>		Cycle Fit 9:00-9:45am <i>*headphones used</i>		Cycle Fit 9:00-9:45am <i>*headphones used</i>	
	Cardio-Combo 9:45-10:25am		Step Aerobics 9:45-10:25am	Cardio Move 9:45-10:30am	
	Flexible Strength 10:30-11:15am		Flexible Strength 10:30-11:15am		
Cycle Fit 5:30-6:30pm <i>*headphones used</i>		Cycle Fit 5:30-6:30pm			
Step Aerobics 5:45-6:25pm	Kick-Boxing 5:45-6:25pm		Step Aerobics 5:45-6:25pm		
	Strong & Limber 6:30-7:15pm		Strong & Limber 6:30-7:15pm		
Hours of Operation M – F 6:00 a.m. – 9:00 p.m. Sat 8:00 a.m. – 4:00 p.m. Sun 1:00 p.m. – 5:00 p.m.		Members of any fitness level may attend the fitness center classes. If arriving late or leaving early from classes please remember to warm up and cool down appropriately.			



Duke Health & Fitness Center
DUKE UNIVERSITY HEALTH SYSTEM

CLASS DESCRIPTIONS

Cardio-Combo Aerobics: An intermediate class utilizing the latest moves in low impact aerobics and cardiovascular kick-boxing.

Cardio Move: High energy choreographed routine with low impact movements.

Circuit Training: A time efficient workout including a combination of strength training, cardiovascular exercise and flexibility all in 45 minutes.

Cycle Fit: Group stationary cycling class with an emphasis on fitness and fun. Based on individual fitness levels, a trained cycle instructor will lead you through a series of flat roads, hills, jumps, and sprints. With motivating music, this class is challenging but can accommodate all fitness levels. **Note that some classes use a radio system to play music and listen to the instructors cueing. Headphones are required to plug into our music system.*

Flexible Strength: A winning combination of strength, flexibility, balance and relaxation. Similar to yoga but emphasizing a challenging flow of positions held for various durations, this class is for those without osteoporosis.

Kick-Boxing Aerobics: A super-charged low impact class utilizing the latest moves in kick boxing and low impact aerobics. This is not a self-defense class.

Step Aerobics: Fun cardiovascular conditioning class with high intensity and low impact choreography using a step platform.

Strong & Limber: Integrating strength, flexibility and balance in a total body workout to improve your every day life.

**** Non-members may attend any group exercise class for \$8/class or may purchase a daily guest pass for \$10.**

Classes with less than 5 participants on a regular basis are subject to cancellation.

For information on other classes and services offered at the Duke Health and Fitness Center, please visit our website at www.dukefitness.org.

