



Duke Health & Fitness Center
DUKE UNIVERSITY HEALTH SYSTEM

EVENING EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strong & Limber Xpress 5:00-5:30		Strong & Limber Xpress 5:00-5:30	
Core Xpress 5:30-5:45		Core Xpress 5:30-5:45	
Kick-Boxing Aerobics 5:45-6:30	Steppin' Up 5:45-6:30	Cycle Fit 5:30-6:30	Steppin' Up 5:45-6:30
	Strong & Limber 6:30-7:15		Strong & Limber 6:30-7:15

BUILDING CLOSES AT 9:00 P.M.

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.



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CLASS DESCRIPTIONS:

AEROBIC CLASSES	FLOOR CLASSES
<p>Kick-Boxing Aerobics: A super-charged low impact class utilizing the latest moves in kick boxing and low impact aerobics. Intermediate (45 min) <i>This is not a self-defense class.</i></p> <p>Steppin' Up: Fun cardiovascular conditioning class with high intensity and low impact choreography using a step platform. Intensity levels can be easily varied by performing the movements without the step. Intermediate to Advanced (45min)</p>	<p>Core Xpress: This class focuses on abdominal and core muscle strengthening. (15 min)</p> <p>Strong & Limber Xpress: Challenge yourself with a comprehensive class designed to develop strength and flexibility. (30 min)</p>
INDOOR CYCLING CLASSES	
<p>Cycle Fit: Group stationary cycling class with an emphasis on fitness and fun. Based on individual fitness levels, a trained Cycling 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. (60 min)</p>	
SPECIALTY CLASSES	
<p>Badminton: Easy to learn and fun! An alternative to the treadmill or bike. For beginners to advanced players.</p> <p>** Non-members may attend any group exercise class for \$8/class or may purchase a daily guest pass for \$10.</p>	

Revised 7/05

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