



## 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		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	
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		Instructor's Choice 10:00-11:00am
	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	Circuit Training 5:45-6:25pm		Step Aerobics 5:45-6:25pm		
	Strong & Limber 6:30-7:15pm		Strong & Limber 6:30-7:15pm		
<b>Hours of Operation</b> 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.		<b>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.</b>			



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.

**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](http://www.dukefitness.org).