### MIND/ BODY CLASS SCHEDULE 2014

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
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</thead>
</table>
| Qi Gong 10:00 – 11:00 am  
Fitness Center  
Dr. Dunbar | Yoga 12:00 pm– 1:00 pm  
Integrative Medicine  
Barbara | Qi Gong 10:30 am – 11:30 am  
Fitness Center  
Dr. Dunbar | | Pilates 12:00 pm– 1:00 pm  
Integrative Medicine  
Anna/Michelle | Gentle Yoga 12:30-1:30 pm  
Integrative Medicine  
Carol (15 person capacity) |
| **Members must present DHFC Monthly Pass Card** | **Non-members can purchase single or multiple classes at DHFC fitness desk.** | | | | **To ensure that everyone is able to attend a class we ask that participants do not attend back to back classes on Saturdays** |
| Yoga 6pm-7pm  
Stedman Nutrition Auditorium  
Carol | Yoga 6pm-7pm  
Stedman Nutrition Auditorium  
Carol | | Yoga 10:00am–11:00 am  
Integrative Medicine  
Barbara | | Yoga 11:15 am -12:15 pm  
Integrative Medicine  
Barbara |
| Pilates 5:15pm – 6:00pm  
Fitness Center  
Michelle/Anna | Pilates 5:15pm – 6:00pm  
Fitness Center  
Michelle/Anna | Pilates 5:15pm – 6:00pm  
Fitness Center  
Michelle/Anna | Yoga 10:00am–11:00 am  
Integrative Medicine  
Barbara | | Yoga 11:15 am -12:15 pm  
Integrative Medicine  
Barbara |

### 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.

### Rates (From January 1st 2014)
- All Duke Health and Fitness Center Members - $12 per month for unlimited Classes
- Non-members- $12/class or buy 10 classes and get 2 for free. Tickets may be purchased at the front desk.

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**Revised 12/2013**
Mind Body Exercise Class Descriptions:

Pilates: Utilizing breath control, abdominal strength, and core stability to develop a more balanced body. (60 min)

T’ai Chi and Qigong, Mondays 10:00-11:00
A 1,500 year old set of exercises, Eighteen Luohan Qigong coordinates the breath with dynamic movements. Practice of these movements can enhance awareness, balance, flexibility, relaxation, coordination and energetic balance. Beginner and advanced practitioners welcome. (60 min)

T’ai Chi and Qigong, Wednesdays 10:30-11:30 -- "Five Animals Medical Qigong," an 1,800-year-old set for healing and health maintenance. Movements inspired by the crane, bear, monkey, deer, and tiger, support the five energies and five organ systems of traditional Chinese medicine. The exercises, coordinated breathing, and visualizations nourish the whole body and provide a fun, well-rounded routine for stress relief, balance, and vitality. Beginner and advanced practitioners welcome. (60 mins.)

Yoga: Teaching gentle stretching and breathing exercises that serve to both relax and invigorate the body and mind. These exercises are taught in a way so that everyone can participate. (60 min)

Power Yoga: A class designed to promote functional strength, flexibility, muscle balance, and relaxation through a dynamic flow of yoga poses. Not recommended for those with Osteoporosis (60 min)

Gentle Yoga: This gentle, therapeutic class will use breath work, simple postures, meditation and restorative practices to help release tension, stretch and strengthen your body, relax your mind and lift your spirits. Suitable for new comers to Yoga and people facing health challenges, as well as continuing Yoga students interested in a gentle class. Postures will be on floor, seated in chairs, and standing., however those who need or prefer to remain seated in a chair throughout the entire class are welcome to do so. (60 min)

*SEE REVERSE SIDE FOR MIND/BODY CLASS RATES
Classes with less than participants on a regular basis are subject to cancellation.