

Duke Faculty Club Group Fitness Schedule

September 5 – December 21, 2017

	Class	Time	Instructor	Location
Monday	Kick & Core	8:00-8:45am	Leah	Activities Room
	Total Body Conditioning	12:15-1:00pm	Leah	Activities Room
	Ball Pilates	6:00-7:00pm	Alicen	Activities Room
Tuesday	Circuit Training	8:00-9:30am (Drop-in anytime for a 45 minute workout)	Tim	Fitness Center
	Butts 'N Guts	12:15-1:00pm	Tim	Activities Room
	Flow & Restore	6:00-7:00pm	Leslie	Activities Room
Wednesday	Pi-Yo	8:00-8:45am	Leah	Activities Room
	Water Aerobics	11:15-12:00pm (Until Sept. 30)	Tim	Lap Pool
	Yoga Express	12:15-1:00pm	Leslie	Activities Room
	Pilates/Yoga	5:30-6:30pm	David	Activities Room
Thursday	Circuit Training	8:00-9:30am (Drop-in anytime for a 45 minute workout)	Tim	Fitness Center
	Pilates/Yoga	12:15-1:00pm	David	Activities Room
	Core Power Flow	5:30-6:30pm	Madeline	Activities Room
Friday	Power Lunch	12:15-1:00pm (No Class on 9/8)	Tim	Fitness Center
Saturday	Total Body Conditioning	9:00am-9:45am	Leah	Fitness Center
	Zumba!	10:00-11:00am	Maria	Activities Room
	Flexibility & Flow	11:00-12:00pm	Gigi	Activities Room
Sunday	Strength, Balance & Flow	10:00-11:00am	Gigi	Activities Room
	Yoga for Runners	2:00-3:00pm (No Class on 9/24)	David	Activities Room

Unlimited Class Pass: \$75 and can be purchased through 9/29.

Five Class Pass: \$25 and can be purchased through 9/29.

Pay-Per-Class: Fees to drop in are \$6 per member and \$11 for guests attending with a member