

Duke Faculty Club Group Fitness Schedule

January 3 – June 3, 2017

	Class	Time	Instructor	Location
Monday	Kick & Core	8:00-8:45am	Leah	Activities Room
	Boot Camp	12:15-1:00pm	Leah	Activities Room
	Ball Pilates	6:00-7:00pm	Alicen	Activities Room
Tuesday	Strength Circuit	8:00-9:30am (Drop in for a 45 minute workout)	Tim	Fitness Center
	Core Conditioning	12:15-1:00pm	Tim	Activities Room
	Yoga	6:00-7:00pm	Leslie	Activities Room
Wednesday	Pi-Yo	8:00-8:45am	Leah	Activities Room
	Yoga	12:15-1:00pm	Gigi	Activities Room
	Pilates II	6:00-7:00pm	Marie	Activities Room
Thursday	Cardio & Strength	8:00-9:30am (Drop in for a 45 minute workout)	Tim	Fitness Center
	Yoga/Pilates	12:15-1:00pm	David	Activities Room
	Yoga	6:00-7:00pm	Leslie	Activities Room
Saturday	Boot Camp	9:00-9:45am	Jeremiah	Fitness Center
	Zumba	10:00-11:00am	Maria	Activities Room
	Yoga for Runners	11:00-12:00pm	David	Activities Room
Sunday	Yoga	10:00-11:00am	Gigi	Activities Room

Unlimited Class Pass: \$105 and can be purchased from 1/3 to 1/20.

Five Class Pass: \$25 and can be purchased from 1/3 to 1/20.

Pay Per Class: Fees to pay per class are \$6 for members and \$11 for guests attending with a member.