

Duke Faculty Club Group Fitness Schedule

June 12 – September 1, 2017

	Class	Time	Instructor	Location
Monday	Boot Camp	8:00-8:45am	Leah	Activities Room
	Swim Conditioning	11:15am-12:00pm	Michaela	Lap Pool
	Ball Pilates	6:00-7:00pm	Alicen	Activities Room
Tuesday	Aqua Zumba	8:00-8:45am	Maria	Lap Pool
	Circuit Training	12:15-1:00pm	Tim	Fitness Center
	Yoga	6:00-7:00pm	Leslie	Activities Room
Wednesday	Pi-Yo	8:00-8:45am	Leah	Activities Room
	Water Aerobics	11:15am-12:00pm	Tim	Lap Pool
	Pilates/Yoga	5:30pm-6:30pm	David	Activities Room
	Swim Conditioning	6:00-6:45pm	Michaela	Lap Pool
Thursday	Yoga	8:00-8:45am	Leslie	Activities Room
	Circuit Training	12:15-1:00pm	Tim	Fitness Center
	Core Power Flow	5:30-6:30pm	Madeline	Activities Room
Saturday	Boot Camp	9:00-9:45am	Leah	Fitness Center
	Zumba	10:00-11:00am	Maria	Activities Room
	Yoga	11:00-12:00pm	Gigi	Activities Room
Sunday	Yoga for Runners	2:00-3:00pm	David	Activities Room

Unlimited Class Pass: \$45 and can be purchased through 6/30.

Five Class Pass: \$25 and can be purchased through 6/30.

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