March 2022 Newsletter
919-684-6672 | 10 Faculty Club Drive | facultyclub.duke.edu

Fitness and Wellness
Print out the March and April fitness class schedule here!

Unlimited Class Pass
- Pass is good for March 1-April 30.
- Cost: $112 and payment is due at the time of purchase.
- Pass is only good for one person.

Pop-up TRX Strength and Barre Class
- Saturday, March 26 10-10:45am with Crystal.
- All levels welcome. Combination of TRX suspension system and Barre moves off the TRX.
- Cost is $7 per person unless you currently have an unlimited class pass.

Pop-up Yoga/Pilates Fusion Class
- Saturday, March 26 11-11:45am with Crystal.
- All levels welcome. Enjoy the best of both worlds as flow in and out of both practices.
- Cost is $7 per person unless you currently have an unlimited class pass.

Tennis

Pickleball
- New demo pickleball paddles available!
- New Play TEAM Pickleball league has come to the Durham/Chapel Hill area. If you are interested in playing, join a DFC team here.

Private and Group Tennis Lessons
- Available for all ages and skill levels.
- Contact Andrea to schedule with one of our pros!

Tennis Challenge Ladder
- The current round of singles challenge ladders are in process until April 10th! Contact Andrea for the sign up code.

Youth and Family Programs

Summer Camp Programs
- Registration is OPEN for members and non-members!
- Parent handbooks for Summer Camp, KinderCamp, LIT Camp, and Tennis Camp are available on the website.

Crafternoons
- Various Tuesdays or Thursdays from 4-5pm. Check the Club calendar for exact dates and activities.
- Drop in to the picnic shelter and join the fun! Rain or shine – if raining, Crafternoon will move inside to the lower level of the activities building.

Shamrock Scavenger Hunt
- Thursday, March 17 from 4-5pm.
- Are you feeling lucky? Hunt the DFC grounds for shamrocks to win a prize. Keep your eye out for the golden shamrock and win an extra special treat!