

# Virtual Fitness Happenings

Stay fit while staying home! Our Fitness Coordinator, Kat Walkinshaw, sends out weekly workouts, tips, and a schedule of virtual fitness classes with our DFC instructors. Contact her today ([kat.walkinshaw@duke.edu](mailto:kat.walkinshaw@duke.edu)) to get more information and added to the Fitness Listserv.

Be sure to follow us on [Facebook](#) and [Instagram](#) for additional fitness and fun!

## **Weekly Fitness Classes:**

Click [HERE](#) to see the fitness Schedule!

## **Videos and Replays**

- [Pilates with Alicen](#)
- [Yoga \(David\)](#)
- [Yoga Flow \(Daniela\)](#)
- [Various classes with Daniela](#)
- [Standing Balance](#)
- [Balance Basics](#)
- [Yoga for Balance 1](#)
- [Yoga for Balance 2](#)
- [Zumba Live](#)
- [Walk at Home \(30 min\) \(20 min\) \(1 mile\)](#)
- [At Home Workouts for Seniors & Beginners](#)
- [Silver Sneakers Yoga Flow](#)
- [Zumba With Paula](#)
- [HIFUN with Derek](#)
- [HIFUN with Derek 2](#)
- [HIFUN with Derek 3](#)
- [HIFUN with Derek 4](#)
- [HIFUN with Derek 5](#)
- [HIFUN with Derek 6](#)
- [HIFUN with Derek 7](#)
- [HIFUN with Derek 8](#)
- [HIFUN with Derek 9](#)
- [HIFUN with Derek 10](#)
- [HIFUN with Derek 11](#)
- [HIFUN with Derek 13](#)
- [HIFUN with Derek 14](#)
- [HIFUN with Derek 15](#)
- [HIFUN with Derek 16](#)
- [HIFUN with Derek 17](#)
- [HIFUN with Derek 18](#)
- [HIFUN with Derek 19](#)
- [Dynamic Movement and Stretch 1](#)
- [Dynamic Movement and Stretch 2](#)
- [Dynamic Movement and Stretch 3](#)

## **Workouts Templates:**

- [10 Minute Stretching Guide](#)
- [7 Minute Workout with Alicen](#)
- [Beginner Cardio Leg Circuit](#)
- [Cardio Leg Circuit Endurance](#)
- [David Lopez at Home Workout](#)
- [Family Fitness 15](#)
- [Free Weight Workout AC](#)
- [Gliding Workout At Home \(1\) & \(2\)](#)
- [Max Out Plank](#)
- [Meditation](#)
- [Minute to Win It Easy- Moderate](#)
- [Intense 45 Minute Workout With Jeanette Jenkins](#)
- [Pool Exercises from SHAPE Magazine](#)
- [Full Body Stretch from Self Magazine](#)
- [Full Body Foam Rolling](#)
- [Minute to Win It Moderate-Advanced](#)
- [Stretching Guide with Alicen](#)
- [Tabata Workout](#)
- [Tabata Workout 2](#)
- [Therapy Band with Alicen](#)
- [Upper Body at Home](#)
- [Upper Body Stability](#)
- [Arms and Core](#)
- [NY Times Full Body Workout](#)
- [Beginner 30 Minute Cardio Workout At Home](#)
- [Water Exercise for Better Balance](#)
- [HIIT Exercises in the Water](#)
- [Aqua Aerobics Class](#)
- [Calorie Blasting HIIT Walking Program](#)