

# DPR FIT & FUN WEEK

January 8 - 14, 2018

**FREE**

**Land Aerobics**

**Water Aerobics**

**Martial Arts**

**Open Gym**

**Open Swim**

**Dance Classes**

**Racquet Sports**

**Snorkel 101**

**Fitness Explosion**

**and More**

DURHAM



1869  
CITY OF MEDICINE



[DPRPLAYMORE.ORG](http://DPRPLAYMORE.ORG)



# Edison Johnson Recreation Center

500 West Murray Avenue

919-560-4270

## Monday, January 8

8:30 a.m. - 10 a.m. Walking  
9 a.m. - 10 a.m. Mature Adult Exercise  
9 a.m. - 9 p.m. Racquetball  
3 p.m. - 8 p.m. Teen Room  
6 p.m. - 7 p.m. Beginner Karate  
6:15 p.m. - 7:15 p.m. Spinning  
6:30 p.m. - 8 p.m. Walking  
7:15 p.m. - 8:15 p.m. Intermediate Karate

## Tuesday, January 9

8:30 a.m. - 10 a.m. Walking  
9 a.m. - 11 a.m. Square Dance  
9 a.m. - 9 p.m. Racquetball  
10:15 a.m. - 12:15 p.m. Total Tot Time  
3 p.m. - 8 p.m. Teen Room  
6:15 p.m. - 7:15 p.m. Zumba  
6:30 p.m. - 8 p.m. Walking

## Wednesday, January 10

8:30 a.m. - 10 a.m. Walking  
9 a.m. - 10 a.m. Mature Adult Exercise  
9 a.m. - 9 p.m. Racquetball  
3 p.m. - 8 p.m. Teen Room  
5:30 p.m. - 6:30 p.m. Boot Camp  
6:15 p.m. - 7:15 p.m. Spinning  
6:15 p.m. - 7:15 p.m. Pound Fitness  
6:30 p.m. - 8 p.m. Walking  
7 p.m. - 8 p.m. Tai Chi\*\*

## Thursday, January 11

8:30 a.m. - 10 a.m. Walking  
9 a.m. - 9 p.m. Racquetball  
10:15 a.m. - 12:15 p.m. Total Tot Time  
12 p.m. - 3 p.m. Bridge  
3 p.m. - 8 p.m. Teen Room  
6 p.m. - 7 p.m. Beginner Karate  
6:15 p.m. - 7:15 p.m. Zumba®  
6:30 p.m. - 8 p.m. Walking  
7:15 p.m. - 8:15 p.m. Intermediate Karate

## Friday, January 12

8:30 a.m. - 10 a.m. Walking  
9 a.m. - 10 a.m. Mature Adult Exercise  
9 a.m. - 8 p.m. Racquetball  
3 p.m. - 8 p.m. Teen Room  
6:30 p.m. - 8 p.m. Walking

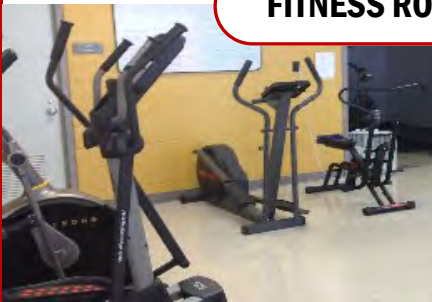
## Saturday, January 13

9 a.m. - 6 p.m. Racquetball  
1 p.m. - 6 p.m. Teen Room

## Sunday, January 14

1 p.m. - 6 p.m. Racquetball & Wallyball  
1 p.m. - 6 p.m. Teen Room  
2 p.m. - 4 p.m. Teen Open Gym

## FITNESS ROOM HOURS



Mon.-Thurs. 8:30 a.m. - 5:30 p.m.  
7:30 p.m. - 9 p.m.  
Friday 8:30 a.m. - 8 p.m.  
Saturday 8:30 a.m. - 1 p.m.  
3 p.m. - 6 p.m.  
Sunday 3 p.m. - 6 p.m.

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# Holton Career and Resource Center

401 North Driver Street

919-354-2750

## Monday, January 8

10 a.m. - 10:45 a.m. Gospel Movement  
 10 a.m. - 2 p.m. Open Computer Lab  
 10 a.m. - 2 p.m. Fitness Room  
 5:30 p.m. - 8:30 p.m. Fitness Room  
 6 p.m. - 8 p.m. Open Computer Lab  
 6:30 p.m. - 7:30 p.m. Youth Hip Hop Dance  
 6 p.m. - 8 p.m. Indoor Soccer

## Tuesday, January 9

10 a.m. - 10:45 p.m. Chair Exercise  
 10 a.m. - 2 p.m. Fitness Room  
 5:30 p.m. - 8:30 p.m. Fitness Room  
 6 p.m. - 7 p.m. Zumba  
 6 p.m. - 9 p.m. Teen Open Gym  
 7 p.m. - 8 p.m. Line Dance

## Wednesday, January 10

10 a.m. - 12 p.m. Total Tot Time  
 10 a.m. - 2 p.m. Open Computer Lab  
 10 a.m. - 2 p.m. Fitness Room  
 5 p.m. - 6:45 p.m. Mature Adult Open Gym  
 5:30 p.m. - 8:30 p.m. Fitness Room  
 6 p.m. - 8 p.m. Open Computer Lab  
 7 p.m. - 8 p.m. Latin Dance  
 7 p.m. - 8:45 p.m. Adult Open Gym

## Thursday, January 11

10 a.m. - 10:45 p.m. Chair Exercise  
 10 a.m. - 12 p.m. Total Tot Time  
 10 a.m. - 2 p.m. Fitness Room  
 5:30 p.m. - 8:30 p.m. Fitness Room  
 6 p.m. - 7 p.m. Korean Karate  
 6 p.m. - 9 p.m. Teen Open Gym

## Friday, January 12

10 a.m. - 2 p.m. Open Computer Lab  
 10 a.m. - 2 p.m. Fitness Room  
 5:30 p.m. - 8:30 p.m. Fitness Room  
 6 p.m. - 8 p.m. Open Computer Lab  
 7 p.m. - 10 p.m. Teen Open Gym

## Saturday, January 13

10 a.m. - 10:45 a.m. Tiny Tots Ballet  
 10 a.m. - 1 p.m. Youth Open Gym  
 10 a.m. - 3 p.m. Fitness Room  
 1 p.m. - 5 p.m. Open Computer Lab  
 1:30 p.m. - 3:30 p.m. Teen Open Gym  
 3 p.m. - 5 p.m. Fashion Society & Modeling  
 5:30 p.m. - 8:30 p.m. Fitness Room

## Sunday, January 14

1:30 p.m. - 3:30 p.m. Teen Open Gym  
 1 p.m. - 5 p.m. Fitness Room

## FITNESS ROOM & COMPUTER LAB HOURS

**Fitness**

Mon.-Thurs. 9 a.m.-8:30 p.m.  
 Friday 9 a.m.-10:30 p.m.  
 Saturday 10 a.m.-3 p.m.

**Computer**

Mon.-Thurs. 6 p.m.-8 p.m.  
 Friday 7 p.m.-10 p.m.  
 Saturday 2 p.m.-5 p.m.  
 Sunday 2 p.m.-5 p.m.



VISIT [APM.ACTIVECOMMUNITIES.COM/DPRPLAYMORE](http://APM.ACTIVECOMMUNITIES.COM/DPRPLAYMORE)  
 TO SEARCH PROGRAM DESCRIPTIONS AND AGES.

# I.R. Holmes, Sr. Recreation Center at Campus Hills

2000 South Alston Ave. 919-560-4444

## Monday, January 8

6 a.m. - 8 a.m.	Fitness Center
6 a.m. - 9 p.m.	Racquetball
10 a.m. - 11 a.m.	Women on Weights
12 p.m. - 1 p.m.	Daytime Yoga
12 p.m. - 8 p.m.	Fitness Center
6:15 p.m. - 7:15 p.m.	Zumba

## Tuesday, January 9

9 a.m. - 10 a.m.	Get Fit with Style
6 a.m. - 9 p.m.	Racquetball
10 a.m. - 11 a.m.	Men on Weights
6:15 p.m. - 7:15 p.m.	CABA
12 p.m. - 8 p.m.	Fitness Center

## Wednesday, January 10

6 a.m. - 8 a.m.	Fitness Center
6 a.m. - 9 p.m.	Racquetball
9 a.m. - 10 a.m.	Line Dancing
12 p.m. - 8 p.m.	Fitness Center

## Thursday, January 11

9 a.m. - 10 a.m.	Get Fit with Style
6 a.m. - 9 p.m.	Racquetball
12 p.m. - 1 p.m.	Daytime Yoga
12 p.m. - 8 p.m.	Fitness Center

## Friday, January 12

6 a.m. - 8 a.m.	Fitness Center
6 a.m. - 8 p.m.	Racquetball
10 a.m. - 11 a.m.	Spin 1.0
12 p.m. - 8 p.m.	Fitness Center

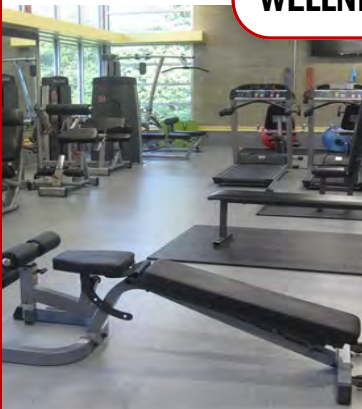
## Saturday, January 13

9 a.m. - 6 p.m.	Racquetball
9 a.m. - 1 p.m.	Fitness Center

## Sunday, January 14

1 p.m. - 6 p.m.	Racquetball
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## WELLNESS CENTER HOURS



Monday/Wednesday/Friday	6 a.m. - 8:30 a.m. 12 p.m. - 8 p.m.
Tuesday/Thursday	12 p.m. - 8 p.m.
Saturday	9 a.m. - 1 p.m.

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# CFLRC at Lyon Park

1309 Halley St. 919-560-4288

## **Monday, January 8**

10 a.m. - 10:45 a.m. Gospel Movement  
6 p.m. - 8:30 p.m. Adult Open Gym  
6:15 p.m. - 7:15 p.m. Hip Hop Line Dance

## **Tuesday, January 9**

6 p.m. - 7 p.m. Kickboxing

## **Thursday, January 11**

6 p.m. - 8:30 p.m. Teen Open Gym  
6:30 p.m. - 7:30 p.m. Meditation Yoga

## **Friday, January 12**

6 p.m. - 10 p.m. Teen Night

## **Saturday, January 13**

12 p.m. - 2 p.m. Youth Open Gym

# W.D. Hill Recreation Center

1308 Fayetteville Street 919-560-4292

## **Monday, January 8**

6 a.m. - 8 a.m. Fitness Center  
9 a.m. - 9 p.m. Walking  
6 p.m. - 8 p.m. Braille Class  
6:15 p.m. - 7:15 p.m. Soulful Line Dance  
7:15 p.m. - 8:15 p.m. 20 20 20 Cardio

## **Tuesday, January 9**

9 a.m. - 9 p.m. Walking  
10 a.m. - 11 a.m. Chair Exercise  
10 a.m. - 11 a.m. Computer Lab Open  
6 p.m. - 8 p.m. Teen Open Rec  
6:15 p.m. - 7:15 p.m. Zumba

## **Wednesday, January 10**

9 a.m. - 9 p.m. Walking  
11 a.m. - 2 p.m. Adult Open Gym  
6:15 p.m. - 7:15 p.m. African Movement with High Impact

## **Thursday, January 11**

9 a.m. - 9 p.m. Walking  
10 a.m. - 11 a.m. Computer Lab Open  
6 p.m. - 8 p.m. Sharing Group  
6:15 p.m. - 7:15 p.m. Beginner's Tae Kwon Do  
7:15 p.m. - 8:15 p.m. Latin Dance

## **Friday, January 12**

9 a.m. - 9 p.m. Walking  
12 p.m. - 3 p.m. Pickleball  
6 p.m. - 10 p.m. Teen Night  
6:15 p.m. - 7:15 p.m. Intermediate Tae Kwon Do

## **Saturday, January 13**

9 a.m. - 9 p.m. Walking  
11 a.m. - 1 p.m. Senior Open Rec  
11:15 a.m. - 12:15 p.m. African Cardio Blast  
1 p.m. - 2 p.m. Computer Lab Open  
2 p.m. - 5 p.m. MLK: Legacy Through the Arts

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# Walltown Park Recreation Center

1308 West Club Blvd

919-560-4296

## Monday, January 8

8:30 a.m. - 9 p.m. Fitness Area  
10 a.m. - 12 p.m. Total Tot Time  
11 a.m. - 12 p.m. Yoga  
6:30 p.m. - 7:30 p.m. Complete Core

## Tuesday, January 9

8:30 a.m. - 9 p.m. Fitness Area  
10 a.m. - 11 a.m. Mature Men On Weights  
2:30 p.m. - 5 p.m. Pickleball  
5:30 p.m. - 6:30 p.m. Teen Weight Training  
6 p.m. - 7 p.m. Smoothie Happy Hour  
6:15 p.m. - 7:15 p.m. Zumba

## Wednesday, January 10

8:30 a.m. - 9 p.m. Fitness Area  
11 a.m. - 12 p.m. Tai Chi Heavy Ball  
11 a.m. - 11:30 a.m. Spinning  
12 p.m. - 1 p.m. Yoga  
12:30 p.m. - 3 p.m. Pickleball  
5:30 p.m. - 6:30 p.m. Glory Days  
6:30 p.m. - 9 p.m. Adult Open Gym  
Basketball  
6:30 p.m. - 7:30 p.m. Cardio Sculpt

## Thursday, January 11

8:30 a.m. - 9 p.m. Fitness Area  
2:30 p.m. - 5 p.m. Pickleball  
6 p.m. - 7 p.m. Smoothie Happy Hour  
6:15 p.m. - 7:15 p.m. Zumba

## Friday, January 12

8:30 a.m. - 10 p.m. Fitness Area  
10 a.m. - 12 p.m. Total Tot Time  
11 a.m. - 12 p.m. Yoga

## Saturday, January 13

8:30 a.m. - 6 p.m. Fitness Area  
2 p.m. - 6 p.m. Pickleball

## Sunday, January 14

1 p.m. - 6 p.m. Fitness Area  
1 p.m. - 4 p.m. Teen Open Gym  
4 p.m. - 6 p.m. Youth Open Gym

## FITNESS AREA HOURS



Mon-Thurs	8:30 a.m. - 9 p.m.
Friday	8:30 a.m. - 10 p.m.
Saturday	8:30 a.m. - 6 p.m.
Sunday	1 p.m. - 6 p.m.

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# Aquatics

Campus Hills Pool

2000 S Alston Ave.

919-560-4444

Edison Johnson Aquatic Center

500 W. Murray Ave.

919-560-4265

## Monday, January 8

6 a.m. - 8 p.m. Lap Swim (EJAC)  
6 a.m. - 8 p.m. Lap Swim (CHP)  
10 a.m. - 10:45 a.m. Water Exercise (EJAC)  
11 a.m. - 11:45 a.m. Water Exercise (EJAC)  
10 a.m. - 12 p.m. Rec Swim (CHP)  
1 p.m. - 3:30 p.m. Rec Swim (CHP)  
1 p.m. - 4 p.m. Rec Swim (EJAC)  
6:15 p.m. - 7 p.m. Water Exercise (EJAC)  
6:30 p.m. - 7:15 p.m. Water Exercise (CHP)

## Tuesday, January 9

6 a.m. - 8 p.m. Lap Swim (EJAC)  
6 a.m. - 8 p.m. Lap Swim (CHP)  
9 a.m. - 12 p.m. Rec Swim (EJAC)  
10 a.m. - 12 p.m. Rec Swim (CHP)  
12:15 p.m. - 1 p.m. Water Exercise (CHP)  
1 p.m. - 3:30 p.m. Rec Swim (CHP)  
1 p.m. - 4 p.m. Rec Swim (EJAC)  
6:15 p.m. - 7 p.m. Water Exercise (EJAC)

## Wednesday, January 10

6 a.m. - 8 p.m. Lap Swim (EJAC)  
6 a.m. - 8 p.m. Lap Swim (CHP)  
10 a.m. - 10:45 a.m. Water Exercise (EJAC)  
11 a.m. - 11:45 a.m. Water Exercise (EJAC)  
10 a.m. - 12 p.m. Rec Swim (CHP)  
1 p.m. - 3:30 p.m. Rec Swim (CHP)  
1 p.m. - 4 p.m. Rec Swim (EJAC)  
6:15 p.m. - 7 p.m. Water Exercise (EJAC)

## Thursday, January 11

6 a.m. - 8 p.m. Lap Swim (EJAC)  
6 a.m. - 8 p.m. Lap Swim (CHP)  
9 a.m. - 12 p.m. Rec Swim (EJAC)  
10 a.m. - 12 p.m. Rec Swim (CHP)  
12:15 p.m. - 1 p.m. Water Exercise (CHP)  
1 p.m. - 3:30 p.m. Rec Swim (CHP)  
1 p.m. - 4 p.m. Rec Swim (EJAC)  
6:15 p.m. - 7 p.m. Water Exercise (EJAC)  
6:30 p.m. - 7:15 p.m. Water Exercise (CHP)

## Friday, January 12

6 a.m. - 7:30 p.m. Lap Swim (EJAC)  
6 a.m. - 7:30 p.m. Lap Swim (CHP)  
10 a.m. - 10:45 a.m. Water Exercise (EJAC)  
10 a.m. - 12 p.m. Rec Swim (CHP)  
11 a.m. - 11:45 a.m. Water Exercise (EJAC)  
12:15 p.m. - 1 p.m. Water Exercise (CHP)  
1 p.m. - 3:30 p.m. Rec Swim (CHP)  
1 p.m. - 4 p.m. Rec Swim (EJAC)

## Saturday, January 13

9:30 a.m. - 5 p.m. Lap Swim (EJAC)  
9:45 a.m. - 10:30 a.m. Water Exercise (EJAC)  
8 a.m. - 5 p.m. Lap Swim (CHP)  
1 p.m. - 5 p.m. Rec Swim (EJAC)  
1 p.m. - 5 p.m. Rec Swim (CHP)  
1:30 p.m. - 2:15 p.m. Snorkeling (CHP)

## Sunday, January 14

1 p.m. - 5 p.m. Lap Swim (EJAC)  
1 p.m. - 5 p.m. Lap Swim (CHP)  
1 p.m. - 5 p.m. Rec Swim (EJAC)  
1 p.m. - 5 p.m. Rec Swim (CHP)

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# Fitness Explosion

**Friday, January 12, 2018 | 6 p.m. - 8 p.m.  
I.R. Holmes, Sr. Recreation Center  
at Campus Hills (2000 S. Alston Ave.)**

## **Free | Drop-In**

To kick off the New Year! Durham Parks and Recreation is excited to present our 3rd annual Fitness Explosion! Join us as our talented instructors lead you through exercise and work out routines. Whether you are a veteran or a first-timer, you are sure to enjoy this special fitness event!

Fitness Explosion showcases a variety of fitness classes offered by Durham Parks and Recreation. "Express" classes will be held for approximately 15 minutes each. Stay for the entire time to try them all!

6:15 p.m.	Tai Chi	Linda Wolfe
6:35 p.m.	Zumba	Heidi White
6:55 p.m.	Yoga	Valinda Davis
7:15 p.m.	CABA Cardio, Arms, Buns, Abs	Ashanti Robinson
7:35 p.m.	African Cardio Blast	McDaniels Roberts

