

Duke Run/Walk Club

Fall 2018 Events



Run/Walk Club

August 13-October 31

Sessions begin at 5:30 p.m. on Monday and Wednesday and include a coach.

East Campus: Meet at the wall on East Campus across from Whole Foods.

West Campus: Meet in Green Zone Al Buehler trail lot off 751/Cameron Blvd.



Body Composition Assessments

Pre-Measurements: Weeks 1 and 2 from 4:55-5:20 p.m.

Post-Measurements: Weeks 10 and 11 from 5-5:20 p.m.

In office assessments are available upon request.



Strength Classes

5:30 p.m.

August 16, 23 • September 6, 13, 20, 27 • October 4, 11, 18 • November 1

Meet at the wall on East Campus across from Whole Foods.

Bring water and an exercise mat, towel or blanket.



Nutrition Workshop

5:30 p.m.

Thursday, August 30

Meet in Room 210 at the Bivins Building on East Campus.



Zumba Class

5:30 pm

Thursday, October 25

Meet at the Ahmadiieh Family Conference Hall
in the John Hope Franklin Center.

Parking for Events

- ➔ For **Duke Run/Walk Club** and **Yoga on East Campus:** after 5 p.m., park in the Duke Human Resources lot, 705 Broad St. Whole Foods has strict towing enforcement.
- ➔ For **Duke Run/Walk Club on West Campus** and **Group Fitness Testing:** For Run/Walk, park after 5 p.m. in the Green Zone Al Buehler jogging trail lot off 751/Cameron Blvd.