

Duke Run/Walk Club

Fall 2019 Events



Run/Walk Club

Aug. 12 - Oct. 30

5:30 p.m. on Monday and Wednesday

East Campus: Meet at the wall on East Campus across from the Human Resources Building at 705 Broad St.

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



Body Composition Assessments

Pre-Measurements: Provided 30 minutes prior to scheduled Run/Walk session during Week 1.

Post-Measurements: Provided 30 minutes prior to scheduled Run/Walk session during Week 12.

Additional time slots available for in-office measurements.



Yoga Classes

5:30 p.m. Aug. 22 and Aug. 29

Meet at the wall on East Campus across from the Human Resources Building.

Bring water and an exercise mat, towel or blanket.



Strength Classes

5:30 p.m. every Thursday (in Sept. and Oct.)

Meet at the wall on East Campus across from the Human Resources Building.

Bring water and an exercise mat, towel or blanket.

Parking for Events

➞ For **Duke Run/Walk Club** and **Strength Classes on East Campus:** Park after 5 p.m. in the Duke Human Resources lot, 705 Broad St. Whole Foods has strict towing enforcement.

➞ For **Duke Run/Walk Club on West Campus:** Park after 5 p.m. in the Green Zone Al Buehler Trail lot off 751/Cameron Blvd.