

Fitness & Wellness Classes

Duncaster offers a wide variety of programs and events that will fill your days quickly! This is just a sampling of regularly scheduled fitness and wellness classes.



AquaFit | Wed, Fri & Sat | 10:15 am



Qi Gong | Tues & Thurs | 1:30 pm



Women Putters | Sat | 9:15 am

Power Balance	Mon & Wed	9:00 am
Gentle Balance	Mon & Thurs	11:30 am
Power Kick Start	Tues & Thurs	7:30 am
Mindful Meditation	Thurs	11:15 am
Gentle Yoga	Mon	10:15 am
Water Walking	Thurs	1:30 pm
Sunrise Circuit	Fri	8:30 am
Sit & Be Fit	Wed & Sat	11:30 am
Move, Stretch & Strength	Tues	9:00 am
Light Weight Line Dancing	Thurs	9:00 am
Personal training is available Monday-Friday by appointment		

 **Duncaster**
is where to *live*.

