

FLIP GENERAL FITNESS CLASSES

SPRING 2017

APRIL 3, 2017 – JUNE 9, 2017

NEW SATURDAY FLIP CLASSES

SATURDAY SPINNING get ready for the outdoor riding season with 4 Saturday Workouts. April 8, 15, 22, 29. First-time spinners should arrive at 9:00am for the first class to get fitted on the bike, and learn spin positions and proper form. The class will build to an optional 90 minute spin the last day of class – April 29th, 9am-10:30am. Come build your outdoor form and endurance with us in April!

Saturday 9:15-10:15 am Spinning Room Various Instructors
Cost: Students-\$20 / Dartmouth College & DHMC Employees-\$25 / Public-\$30

SATURDAY MORNING YOGA basic yoga breathing, centering and relaxation techniques are introduced. The class is suitable for beginners and continuing level students. Poses are taught with safety, correct alignment and adaptation to the needs of individuals in mind. This lively and fun class includes detailed instruction in individual asanas as well as vinyasa, which links the yoga poses together into flowing sequences.
April 8, 15, 22, 29.

Saturday 9:15-10:15 am Alumni Gym MP Room 181 Kathy Jastrzembski
Cost: Students-\$25 / Dartmouth College & DHMC Employees-\$30 / Public-\$35

BODY & SOUL FITNESS AFTER 60 is a program whose goal is to educate, inform, and motivate the participation of older adults in physical activities for better health. Emphasis is placed on flexibility, postural muscle strength, and cardiovascular conditioning through walking. Each class will end with a focus on stress reduction and relaxation techniques.

M/W/F 10:00 - 11:00 am Thompson Arena Anne Tullar
Cost: Senior Citizen (65 years and older) \$100

DANCE –BALLROOM BEGINNER will focus on waltz and foxtrot, starting at an introductory level. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS JUNE 1, 2017.**

Thursdays 7:00 - 8:00 pm Alumni Gym PoolView 126\127 Jamie Orr
Cost: Students - \$60 / Dartmouth College & DHMC Employees - \$57 / Public - \$74

DANCE –EAST COAST SWING BEGINNER will focus on the most popular style of swing and the easiest to learn. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS JUNE 1, 2017.**

Thursdays 8:00 - 9:00 pm Alumni Gym PoolView 126\127 Jamie Orr
Cost: Students - \$60 / Dartmouth College & DHMC Employees - \$57 / Public - \$74

DANCE – HIP HOP HUSTLE – Burn up the dance floor and burn calories too! This is the dance party that’s disguised as a workout! It blends the simplicity of pre-designed fitness with the attitude and energy of Hip Hop. There is something for those who have never danced outside of their bedroom as well as the more experienced. This workout feels more like a night on the town than exercise.

M/W/F 5:30 – 6:30 pm Alumni Gym Manley 86 Meridith Joyce

Cost: Students-\$70 / Dartmouth College & DHMC Employees-\$130/ Public-\$145

DANCE - IMPROVISATION WITH MARIE – Experience the intense pleasure of creating your own movements and expressive moments in an open and supportive environment. After a warmup based on contemporary dance technique and phrases, we learn to stand still with confidence, to walk in space being aware of others, to interact with people through the language of the body. We’ll also learn to perform for each other and give constructive feedback. As we move through space, our heightened attention helps us listen to our bodies and hear those around us. We focus our energies and are fully committed to each movement, each moment, and to each other. The music, the space, and the energy of those in it, inspire and reconnect us with the joy of dancing.

T/TH 12:00-1:30 pm Alumni Gym MP 181 Marie Fourcaut

Cost: Students-\$132 / Dartmouth College & DHMC Employees-\$220 / Public-\$260

DANCE – LINE DANCING Fun routines to a wide variety of music including, Salsa, Big Band, Hip Hop, Country, Show Tunes and more. No partner required. All levels welcome

M/W 12:00 pm – 1:00 pm Alumni Gym Manley 88 Jamie Orr

Cost: Students - \$117/ Dartmouth College & DHMC Employees - \$144/ Public - \$175

DANCE - MODERN DANCE Technique of Martha Graham is the basis of these classes which progress carefully from a basic and thorough introduction to an energetic, challenging, and healthful movement experience. Classes are intense, rigorous, and challenging as they focus on correct technique as well as proper body conditioning and toning. Emphasis is on recognizing familiar body patterns and executing them with the precision of the dancer or athlete.

Advanced

M/W 6:35 - 8:05 pm / SAT 9:00-10:30 am Poolview 126/127 Marianne Handy Hraibi

Cost: Students - \$155 \ Dartmouth College & DHMC Employees - \$222 \ Public - \$262

Beginner

T/TH 6:15 - 7:45 pm Alumni Gym Manley 86 Marianne Handy Hraibi

Cost: Students - \$102 \ Dartmouth College & DHMC Employees - \$152 \ Public - \$186

DANCE – NIA It's the Music and Movement! Is a non-impact movement practice based on the idea through movement we find health. Combines movements and philosophies from martial arts, dance arts, and healing arts. NIA is danced to world music, stimulating aerobic intensity and creative expression and it brings STRENGTH -POWER -GRACE -HEALTH -FITNESS & PLEASURE!

M/F 8:00 - 9:00 am Alumni Gym Poolview 126/127 Patricia Higgins instructor with White and Green Belts

Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$73 / Dartmouth & DHMC Employee \$82/ Public \$102/
Senior Citizen (65 years and older) \$57

DANCE –SALSA INTERMEDIATE will focus on this internationally popular dance. Participants should already know the basics. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS MAY 30, 2017**

Tuesdays 7:00 - 8:00 pm Alumni Gym Pool View 126/127 Jamie Orr

Cost: Students - \$60 / Dartmouth College & DHMC Employees - \$57 / Public - \$74

DANCE – WEST COAST SWING INTERMEDIATE will focus on this contemporary, funky style of swing. Participants should already know the basics. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS MAY 30, 2017**

Tuesday 8:00-9:00 pm Alumni Gym PoolView 126/127 Jamie Orr
Cost: Students - \$60 / Dartmouth College & DHMC Employees - \$57 / Public - \$74

DARTFIT (Dynamic Anaerobic Resistance Training) BURN FAT, BUILD MUSCLE and MAXIMIZE YOUR FITNESS POTENTIAL! **D**ynamic **A**naerobic **R**esistance **T**raining is a cutting edge fitness program combining cardiovascular conditioning with metabolic resistance training. Utilizing body weight exercises, dumbbells, medicine balls, kettle bells, and more, DARTFIT becomes a challenging but also a fun and extremely effective way of improving your overall fitness. Come try it out, and you can declare yourself DARTFIT!

M/TH 12:00 pm - 1:00 pm West Gym Track Jonathan Dame, NSCA-CSCS
Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$60 / Dartmouth & DHMC Employee \$75/ Public \$93/ Senior Citizen (65 years and older) \$64

M/W 4:30 - 5:30 pm West Gym Track Maddie May
Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$60 / Dartmouth & DHMC Employee \$75/ Public \$93/ Senior Citizen (65 years and older) \$64

M/W/F 5:30 - 6:30 pm West Gym Track Jenn Sargent
Cost: Dartmouth Student \$85 / Grad Student & Domestic Partner \$94 / Dartmouth & DHMC Employee \$122 / Public \$150 / Senior Citizen (65 years and older) \$102 - **9 WEEKS ONLY – ENDS JUNE 2, 2017**

FLY FISHING will instruct the basic techniques of fly fishing. These will include casting, entomology, river reading, and fly tying skills. Classroom will be followed by a practical skill session with additional time outside of class for on-river experience. All equipment will be supplied. April 10 – May 8, 2017.

Mondays 4:30-6:30pm Boss Tennis Center/Moulton Lounge Steve Rowe
Cost: Students - \$100 / Dartmouth & DHMC Employees - \$170 / Public - \$190

FUNCTIONAL BALANCE PROGRAM: STAYING UPRIGHT IN A CHANGING WORLD In our everyday world we change positions, change directions, change postures. We move ourselves forward, backward, sideways, and turn. And we depend on our balance to keep it all successful. Because our challenges range from activities of daily living through sports performance training, it's important for everyone to train dynamic, functional, movement-based balance as part of an overall strategy for becoming strong, moving well, and staying safe.

Level 1 is a 3-week progressive program that will give you an opportunity to enhance your dynamic balance in ways that are appropriate for you. With each class, we will assess individual balance, learn about the systems in our body that affect balance, and practice a variety of simple, progressive, balance-related exercises. By the end of the 3 weeks, you should find your dynamic balance and confidence increasing, and have the necessary knowledge of the basic exercises to progress to Level 2. Appropriate for all abilities and age levels. **Class size is limited to 12.**

Level 2 is a 5-week program building on the skills and basic exercises learned in Level 1. Using a variety of movement-based exercises, simple pieces of equipment, and progressive programming, we will continue to challenge our balance and condition our bodies in a fun and safe environment. By the end of the 5 weeks, you should find your dynamic balance and general conditioning has continued to improve, plus you will have a toolbox of exercises to continue at home. **Prerequisite: successful completion of all Level 1 classes or permission of instructor. Class size is limited to 12.**

TU/TH (LEVEL 1) 11:00 am - 12:00 pm Alumni Gym Manley 088 Carolyn Hooper Goetinck
Cost: Dartmouth College & DHMC Employees-\$45 / Public-\$55 **3 WEEKS ONLY. CLASS MEETS ON THESE DATES; APRIL 6, 11, 13, 18, 25, 27.**

TU/TH (LEVEL 2) 11:00 am - 12:00 pm Alumni Gym Manley 088 Carolyn Hooper Goetinck
Cost: Dartmouth College & DHMC Employees-\$75 / Public-\$85 **5 WEEKS ONLY. CLASS STARTS MAY 2, 2017 AND ENDS JUNE 1, 2017.**

INSANITY The revolutionary, cardio-based, total body-conditioning program is here! This calorie torching, shirt-soaking workout is based on the principles of MAX Interval Training, and you'll be ripping through the most heart-pumping, muscle shredding, sweat dripping, high-intensity cardio workout ever. It is designed to provide you a safe, challenging and results driven workout with no equipment necessary.

M/W 3:30 - 4:30 pm Alumni Gym Poolview 126/127 Madelyn May
Cost: Students-\$75 / Dartmouth College & DHMC Employees-\$103 / Public-\$130

KARDIO KONDITIONING is an aerobics based training class including aerobics, running, jump rope, plyometrics, strength training, kickboxing, and heavy bag punching done in a dynamic workout to music.

M/W/F 8:10- 9:00 am Alumni Gym Manley 88 Sue Darling
Cost: Dartmouth Student \$63 / Grad Student & Domestic Partner \$114 / Dartmouth & DHMC Employee \$125 / Public \$156 / Senior Citizen (65 years and older) \$103

KICKBOX AEROBICS Power, Punch, Crunch! Work up a sweat and get strong with this aerobic based training class. Workouts will include kicking, punching, plyometrics (burpees, squats, jumping), push-ups, core strengthening, and great music! Be prepared for an intense workout and sore muscles!

M/W 5:30 - 6:30 pm Manley 87 & 88 Sue Darling &
Cost: Dartmouth Student \$55/ Grad Student & Domestic Partner \$80 / Dartmouth & DHMC Employee \$100 / Public \$125 / Senior Citizen (65 years and older) \$85

MARTIAL ARTS – GRACIE JIU-JITSU (BRAZILIAN JIU-JITSU) you will learn Traditional Gracie Jiu-jitsu every technique is applicable in a real street confrontation. The classes techniques are taught in a scenario based manner. Gracie Jiu-jitsu is required by the U.S. Army (including Rangers), U.S. Navy (including Seals), U.S. Marines, CIA, FBI, and Law Enforcement/ Military all over the Planet. Traditional Gracie Jiu-jitsu promotes the concept that a smaller/weaker person can successfully defend against a bigger/ stronger assailant by using leverage and proper technique. You will learn to escape and take control of any situation on the ground or standing up! You will learn the techniques taught by Grand Master Helio Gracie, including firearm, knife, and blunt weapon defenses, which have been proven to save lives. You will learn how to defend yourself, how to survive, and prevail. **The class will consist of a brief stretch, followed by technique, and light live training exercises.**

T/TH 7:30 – 8:30 pm Alumni Gym MP 182 Nicholas Bramlage
Cost: Student - \$76 / Dartmouth & DHMC Employee - \$105 / Public - \$125

MARTIAL ARTS - JUJITSU / AIKIDO / IAIDO teach the concepts and training method of the Japanese martial arts of Jujutsu (Zenbudo Ryu), Aikido (Yoshinkan system) and Iaido (Eishen Ryu). An inclusive program specifically designed to accentuate the principles of balance, harmony, self-defense and awareness. The student will learn open-hand redirecting techniques through Jujitsu and Aikido as well as the art of Japanese Swordsmanship through Iaido. Learn body wisdom and how to blend with both physical and verbal confrontation. For more information, contact: sensei@dartmouth.edu. Or visit our web site - <http://www.aikibudojin.com/>

M/W/F 6:00-7:45 pm Alumni Gym MP Room 182 Eric Bivona
Cost: Student-\$56 / Dartmouth & DHMC Employee-\$121 / Public-\$180

MARTIAL ARTS - T'AI CHI CHUAN is a slow moving exercise which develops strength, flexibility and balance. It can be practiced in many ways: to promote health, as a meditation, or as a martial art. T'ai Chi can be practiced by people of all ages and in any physical condition. It is useful in reducing stress, strengthening one's immune system and increasing internal energy. In this class, we will work on the Yang Style long form, standing T'ai Chi Kung and some of the underlying principles of T'ai Chi Chuan.

M/W (**Level 1**) 12:10-1:00 pm Alumni Gym Poolview 126/127 Claudia Henrion/John Lee
Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$125 / Public-\$158

T/TH (**Level 1.5**) 12:10-1:00 pm Alumni Gym Manley Room 87 John Kemp Lee
Cost: Students-\$73/ Dartmouth College & DHMC Employees-\$125 / Public-\$158
This class is a bridge class between Level 1 and Level 2 Tai Chi. It will focus on the beginning of second section as well as Chi King. It continues the development of strength, balance, and relaxation in teaching both form and principles of Tai Chi.

T/TH (**Level 2**) 12:10-1:00 pm Alumni Gym Manley Room 88 Claudia Henrion
Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$125 / Public-\$158

MINDFULNESS MEDITATION & STRESS REDUCTION will focus on using and learning methods of [mindfulness](#) and relaxation to help reduce stress and increase well-being and peace-of-mind. These skills have long been shown to enhance many facets of everyday life, from studying to relationships to health and wellness. [It's both restorative and fun. No special clothing required.](#)

M/W 12:15 - 1:05 pm Alumni Gym Manley Room 86 Sarah Berger
Cost: Dartmouth Student \$55/ Grad Student & Domestic Partner \$85/ Dartmouth & DHMC Employee \$97/ Public \$120/ Senior Citizen (65 years and older) \$85

PILATES – Beginners The Pilates Method teaches body awareness and control as the basis for all movement. The Beginner Mat class teaches strong, safe movements to incorporate into all your daily activities and sports. You will strengthen your core abdominals and learn how to use them to alleviate and avoid back pain. The Beginner class focuses on the Pilates Basic Mat routine by learning each move in depth to progressively build your core strength. By the end of the term you will have learned the full Basic Mat routine, how to balance on the fitness ball, body awareness and control, and most of all, you will have improved your core strength! No experience necessary.

M/W (Beginner) 4:00 - 5:00 pm Alumni Gym MP Room 182 Naomi Thorngren
Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$134

PILATES – Intermediate Controlled movements: stabilizing a set of muscle groups while mobilizing another group. This is Pilates! Stabilization before mobilization minimizes injuries, makes impossible moves possible, while bringing a deep understanding of how to use your core effectively for daily life routines and exercises.

We always start the term by learning the 5 basic principles of Pilates. Then we build all the exercises based upon those principles. By the end of the term you will understand how to move your body in the most effective and safe way. We will be working with many different apparatus from stretch bands to balance balls and weights. The results could include: being able to move your body on a simple mat in a way that you never thought you could, applying your knowledge about your body and movements to your favorite sport to improve performance, avoiding possible injuries in daily life and relieving (or sometimes eliminating) pain from past injuries.

*Although this is an intermediate class, we will spend the first 2 weeks with slow and seemingly easy moves. But please be patient! The class will quickly progress to an intermediate and advanced level.

T/TH (Intermediate) 4:30 - 5:30 pm Alumni Gym MP Room 182 Maryam Paydarfar
Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$134

PILATES – Advanced The Advanced Pilates class requires a strong knowledge of the Pilates Basic Mat routine and a readiness to further challenge your core with more advanced Pilates moves. To strengthen the whole body, this progressive class uses the fitness ball and hand weights in addition to the mat work. Both classes are fun and energetic. Pilates is an excellent method to improve core strength and general fitness.

M/W (Advanced) 5:00 - 6:00 pm Alumni Gym MP Room 182 Naomi Thorngren
Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$134

POWER PILATES Try something new to get you fit and save you time with a strong blend of **STRENGTH** training with free weights, **CORE** building with the **FITNESS** ball and a **CARDIO** boost that will refresh you for the rest of your day! Using Pilate's principles, this class will give you what you need to improve your strength, flexibility and balance leaving you *energized* for the rest of the day!

M/W 12:10 - 1:00 pm Alumni Gym Poolview 126 Wendi Reuter-Lorenz
Cost: Students-\$85 / Dartmouth College & DHMC Employees-\$103 / Public-\$134

ROWING - ADVANCED Indoor rowing in the tanks for experienced adult rowers. Focus is on maintaining and improving rowing fitness. **NEED 10 PEOPLE FOR CLASS TO GO. 5 WEEKS ONLY APRIL 3 – May 5, 2017 NO CLASSES WEEK OF APRIL 17 – APRIL 21, 2017**

M/W/F 6:00 am - 7:00 am Alumni Gym Tanks Liz Harrison
Cost: Dartmouth College & DHMC Staff - \$68 / Public-\$88

ROWING INTERMEDIATE Indoor rowing in the tanks for experienced adult rowers. Focus is on improving technique and fitness and is less endurance based than the morning session. **NEED 10 PEOPLE FOR CLASS TO GO. 5 WEEKS ONLY APRIL 3 – May 5, 2017 NO CLASSES WEEK OF APRIL 17 – APRIL 21, 2017**

M/W/F 12:00 pm – 1:00 pm Alumni Gym Tanks Liz Harrison
Cost: Dartmouth College & DHMC Staff - \$68/ Public - \$88

SPINNING (GROUP CYCLING) - Come spin your way to fitness with the dynamic Spinning Workout. New Keiser high tech Bikes that uses rhythms and music to pump up the psyche as well as the quads, calves, and heart. First time riders and pro-riders can all work together with the fully adjustable tension on the “top of the line” bikes. Free spirited, indoor cycling is a great way to power up this term! **ONLY 20 PEOPLE IN EACH CLASS. See main webpage for information on sample spinning classes.**

M/W/F 6:50-7:40 am Spinning Room Rachel Inman
 Cost: Students-\$91 / Dartmouth College & DHMC Employees-\$127 / Public-\$168

M/W/F 12:10-1:00 pm Spinning Room Hugh Mellert
 Cost: Students-\$91 / Dartmouth College & DHMC Employees-\$127 / Public-\$168

M/W/F 5:15-6:15 pm Spinning Room Emily Carr/Kathy Smith
 Cost: Students-\$91 / Dartmouth College & DHMC Employees-\$127 / Public-\$168

M/W 6:40-7:30 pm Spinning Room Sue Darling
 Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$136

T/TH 5:45-6:35 am Spinning Room Becky Rice-Mesec
 Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$136

T/TH 7:00-7:50 am Spinning Room Wendi Reuter-Lorenz
 Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$136

T/TH 4:30-5:15 pm Spinning Room Maria Bowery
 Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$136

T/TH 5:20-6:10 pm Spinning Room Meredith Alaback
 Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$136

T/TH 6:15 - 7:05 pm Spinning Room Leah Sarson/Alexandria Vasques
 Cost: Students-\$73 / Dartmouth College & DHMC Employees-\$103 / Public-\$136

Saturday 9:15-10:15 am Spinning Room Various Instructors
 Cost: Students-\$20 / Dartmouth College & DHMC Employees-\$25 / Public-\$30 - **4 WEEKS ONLY April 8, 15, 22, 29**

STRENGTH TRAINING w/ FREE WEIGHTS & WEIGHT MACHINES is a class designed to build muscular strength using cable machines, dumbbells and barbells. We will focus on learning proper body alignment and sound exercise and spotting technique.

M/W/F 8:30- 10:00 am Fitness Center Bernie Hils
 Cost: Dartmouth Student \$64 / Grad Student & Domestic Partner \$101 / Dartmouth & DHMC Employee \$140 / Public \$160 / Senior Citizen (65 years and older) \$120

M/W 4:15 -5:30 pm Fitness Center Mezzanine Jolin Salazar-Kish
8 WEEKS ONLY. ENDS MAY 26, 2017.
 Cost: Dartmouth Student \$52 / Grad Student & Domestic Partner \$74 / Dartmouth & DHMC Employee \$106 / Public \$119 / Senior Citizen (65 years and older) \$75

STRENGTH TRAINING FOR SENIORS is a class designed to increase muscular strength and endurance in a minimum amount of time. Class participants are expected to warm-up on their own before the supervised conditioning segment using Cybex Strength equipment. Participants are expected to stretch on their own following the workout. The instructor is available to guide you in proper stretching.

M/W/F 11:00am-12:00 noon Fitness Center Mezzanine Hugh Mellert/Mike Amberger
 Cost: Senior Citizen (65 years and older) \$102

STRENGTH TRAINING FOR WOMEN this class will focus around basic understanding and the benefits of including weightlifting and strength training into daily fitness. The emphasis will be on exposing participants to different weightlifting principles and providing them with the knowledge and proper technique/skill. By the end of this class, participants will be able to understand and demonstrate the basic skills and knowledge of weight lifting and strength training.”

T/TH 5:15-6:15pm Fitness Center Theresa Hernandez

Cost: Dartmouth Student \$52 / Grad Student & Domestic Partner \$92 / Dartmouth & DHMC Employee \$125 / Public \$130 / Senior Citizen (65 years and older) \$90

STRETCH-STRENGTH & BALANCE combines weight machines, cardio, and stability balls with stretching and balance training to end the class.

M/W/F 7:45-8:30 am Fitness Center Bernie Hils
 Cost: Dartmouth Student \$63 / Grad Student & Domestic Partner \$100 / Dartmouth & DHMC Employee \$118 / Public \$148 / Senior Citizen (65 years and older) \$100

TORSO FITNESS uses conditioning and flexibility exercises to improve the abdominals, obliques and lower back muscles for a strong and trim waistline. Build a stronger more flexible torso and healthier low back.

T/TH 12:10- 1:30 pm Alumni Gym Pool View 126/127 Hugh Mellert
 Cost: Dartmouth Student \$52/ Grad Student & Domestic Partner \$88 / Dartmouth & DHMC Employee \$86 / Public \$103 / Senior Citizen (65 years and older) \$77

WAKEUP WORKOUTS WITH BERNIE. **Spin/Strength/Abs** class that begins with a 30 minute spinning workout followed by strength training in the Fitness Center and an abdominal workout combined with stretching. **Z/HIIT** (Z Station / High Intensity Interval Training) This class consists of a series of short, high intensity cardio/strength intervals using the new Z Station with medicine balls, kettle bells, dumbbells, resistance bands, plyo station, rebounder, Lifeline straps, and much more. Intense results from a fun, high powered workout.

SPIN/STRENGTH/ABS MONDAY 6:00-7:00 am Spinning Room/Fitness Center Bernie Hils
 Cost: Dartmouth Student \$24 / Grad Student & Domestic Partner \$35/ Dartmouth & DHMC Employee \$47 / Public \$58 / Senior Citizen (65 years and older) \$35

Z/HIIT TUESDAY 6:00-7:00 am Zimmerman Fitness Center Bernie Hils
 Cost: Dartmouth Student \$24 / Grad Student & Domestic Partner \$35/ Dartmouth & DHMC Employee \$47/ Public \$58/ Senior Citizen (65 years and older) \$35

SPIN/STRENGTH/ABS WEDNESDAY 6:00-7:00 am Spinning Room/Fitness Center Bernie Hils
 Cost: Dartmouth Student \$24 / Grad Student & Domestic Partner \$35/ Dartmouth & DHMC Employee \$47 / Public \$58 / Senior Citizen (65 years and older) \$35

Z/HIIT THURSDAY 6:00-7:00 am Zimmerman Fitness Center Bernie Hills
Cost: Dartmouth Student \$24 / Grad Student & Domestic Partner \$35/ Dartmouth & DHMC
Employee \$47/ Public \$58/ Senior Citizen (65 years and older) \$35

SPIN/STRENGTH/ABS FRIDAY 6:00-7:00 am Spinning Room/Fitness Center Bernie Hills
Cost: Dartmouth Student \$24 / Grad Student & Domestic Partner \$35/ Dartmouth & DHMC
Employee \$47 / Public \$58 / Senior Citizen (65 years and older) \$35

WHOLE BODY STRENGTH & CORE TRAINING \ AEROBIC DEEP WATER CONDITIONING designed to attain a stronger & more balanced body. Participants will learn to work with a variety of equipment including free weights, kettlebells, balance discs, yoga balls & form rollers during the term. Workouts sessions are varied to achieve a well-balanced & interesting regimen. Participants are encouraged & guided in attaining their maximum individual results. All ages & levels welcome. The **swim portion** will have all the components of a complete workout, which includes warm-up, aerobics, conditioning and flexibility. We will work in the shallow and deep ends of the pool in an upright position duplicating the walking/running stride used on land with hand resistance and/or flotation. A good workout without joint stress for all ages and abilities.

T/TH 5:45-7:30 am Fitness Center/Spaulding Pool Nancy Connolley/ Becky Rice-Mesec
Cost: Dartmouth Student \$51 / Grad Student & Domestic Partner \$95 / Dartmouth & DHMC
Employee \$106/ Public \$120/ Senior Citizen (65 years and older) \$80

YOGA – EARLY MORNING YOGA -This class is designed for the student who has a desire to learn/practice the fundamentals of an asana (poses) practice through alignment. There will be a short meditation with breath work and end with a restorative savasana. This is a physical and strength based class with theme woven throughout the practice uniting the body, mind and spirit. Special attention is given to the academic calendar so restorative classes are practiced during midterm exam period.

M/W 7:00 am - 8:00 am Alumni Gym MP 181 Mary Howell
Cost: Students-\$88 / Dartmouth College & DHMC Employees-\$125 / Public-\$148

YOGA – HATHA is a comprehensive practice of classic yoga poses. Basic yoga breathing, centering and relaxation techniques are introduced. The class is suitable for beginners and continuing level students. Poses are taught with safety, correct alignment and adaptation to the needs of individuals in mind. This lively and fun class includes detailed instruction in individual asanas as well as vinyasa, which links the yoga poses together into flowing sequences. **8 WEEKS ONLY. ENDS MAY 26, 2017.**

M/W 4:00-5:25 pm Alumni Gym MP Room 181 Kathy Jastrzembski
Cost: Students-\$128 / Dartmouth College & DHMC Employees-\$176 / Public-\$210

M/W 5:30-7:00 pm Alumni Gym MP Room 181 Kathy Jastrzembski
Cost: Students-\$128 / Dartmouth College & DHMC Employees-\$176 / Public-\$210

MYOGA - All levels are welcome to join this series of yoga classes. This course offers a unique approach in the Vinyasa (flowing) Style to the ancient practice of hatha yoga with elements of Iyengar, Ashtanga, and Pilates. Awareness of the breath, the flow of movement through the poses, and precise alignment will be the focus of the course.

M/W 8:30-10:00 am Alumni Gym Room 181 Marie Fourcaut
Cost: Students-\$132 / Dartmouth College & DHMC Employees-\$193 / Public-\$223

M/W 12:00-1:00 pm Alumni Gym Room 181 & 182 Marie Fourcaut
Cost: Students-\$93 / Dartmouth College & DHMC Employees-\$153 / Public-\$198

MYOGA – VIGOROUS VINYASA - All levels are welcome. This class is designed to flow continuously through a challenging series of poses with fluidity and ease while being aware of the right alignment for each posture guided by the breath. Come with an open mind and deepen your practice.

T/TH 4:30-6:00 pm Alumni Gym Room 181 Marie Fourcaut
Cost: Students-\$132 / Dartmouth College & DHMC Employees-\$196 / Public-\$223

YOGA SATURDAY MORNING basic yoga breathing, centering and relaxation techniques are introduced. The class is suitable for beginners and continuing level students. Poses are taught with safety, correct alignment and adaptation to the needs of individuals in mind. This lively and fun class includes detailed instruction in individual asanas as well as vinyasa, which links the yoga poses together into flowing sequences.

April 8, 15, 22, 29.

Saturday 9:15-10:15 am Alumni Gym MP Room 181 Kathy Jastrzembski
Cost: Students-\$25 / Dartmouth College & DHMC Employees-\$30 / Public-\$35

Z / HIIT (Z Station / High Intensity Interval Training) This class consists of a series of short, high intensity cardio/strength intervals using the new Z Station with medicine balls, kettle bells, dumbbells, resistance bands, plyo station, rebounder, Lifeline straps, and much more. Intense results from a fun, high powered workout.

T/TH 12:10-1:00pm Zimmerman Fitness Center Bernie Hils **CLASS LIMIT 12.**
Cost: Dartmouth Student \$45 / Grad Student & Domestic Partner \$55 / Dartmouth & DHMC Employee \$84/ Public \$108 / Senior Citizen (65 years and older) \$64

ZUMBA® is a Latin dance inspired, aerobic exercise that incorporates steps from meringue, salsa, hip-hop, and more to make a high-energy dance workout that leaves you smiling AND sweating. No dance experience or skill required! As long as the music is going and you are moving, it is the most fun way to work out! It is no wonder Zumba®'s motto is "Ditch the workout, join the party!"

M/W/F 5:30 - 6:30 pm Alumni Gym Poolview 126/127 Evelyn Thibodeau
Cost: Dartmouth Student \$77 / Grad Student & Domestic Partner \$94 / Dartmouth College & DHMC Employee \$165 / Public \$212 / Senior Citizen (65 years and older) \$182

T/TH 4:30 - 5:25 pm Alumni Gym Pool View 126/127 Gabriella Grangard/Morgan Quentel
Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$77 / Dartmouth College & DHMC Employee \$108 / Public \$142 / Senior Citizen (65 years and older) \$82

ZUMBA TONING® - When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin infused Zumba moves to create a calorie-torching, strength-training, dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. Toning Sticks will be provided for use in the class, so no equipment purchase is required.

M/W/F 4:30 – 5:20 pm Alumni Gym Pool View 126/127 Jenn Sargent
Cost: Dartmouth Student \$70 / Grad Student & Domestic Partner \$85/ Dartmouth College & DHMC Employee \$150/ Public \$190/ Senior Citizen (65 years and older) \$164 - **9 WEEKS ONLY – ENDS JUNE 2, 2017**

TU/TH 5:30 - 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau
Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$77 / Dartmouth College & DHMC Employee \$108 / Public \$142 / Senior Citizen (65 years and older) \$82