

SPRING 2017 PE/FLIP EXERCISE CLASSES

DANCE – BALLROOM/EAST COAST SWING will focus on waltz and foxtrot, and the most popular style of swing and the easiest to learn. The class will begin at an introductory level. No partner required. Please carry in clean shoes.

Section 01 – CRN# 37126

Thursdays 7:00 - 9:00 pm
Alumni Gym Poolview 126/127
Jamie Orr
Cost: Students-\$60
April 3 – May 26, 2017

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.

Section 01 – CRN# 37127

M/W/F 5:30 – 6:30 PM
Alumni Gym Manley 086
Meridith Joyce
Cost: Students-\$70
April 3 – May 26, 2017

DANCE/IMPROVISATION WITH MARIE – Experience the intense pleasure of creative physical movement in an open and supportive environment. In this class we'll explore various inspirations as we weave together common threads of movement from the ancient practice of yoga to the fluidity and freedom of contemporary dance. Working from our center, we'll explore balance and resistance and find the power of being fully grounded. Precise alignment and the rhythm of the breath will focus and refine our attention. 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.

Section 01 – CRN# 37128

T-Th 12:00-1:30 pm
Alumni Gym MP 181
Marie Fourcaut
Cost: Students-\$132
April 3 – May 26, 2017

DANCE – LINE DANCING Fun routines to a wide variety of music including, Salsa, Big Band, Pop, Country, Show Tunes and more. No partners required.

Section 01 – CRN# 37129

M-W 12:00-1:00 pm
Alumni Gym Manley 88
Jamie Orr
Cost: Students-\$117
April 3 – May 26, 2017

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.

Section 01(Advanced) – CRN# 37130

M-W 6:35 - 8:05 pm / Saturdays 9:00 – 10:30 am
Poolview 126/127
Marianne Handy Hraibi
Cost: Students-\$155
April 3 – May 26, 2017

Section 02(Beginner) – CRN# 37131

TU-TH 6:15 - 7:45 pm
Alumni Gym Manley 086
Marianne Handy Hraibi
Cost: Students-\$102
April 3 – May 26, 2017

DANCE – NIA is a non-impact movement practice based on the idea: Through movement we find health. It is the art of movement the body's way and 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 brings STRENGTH, POWER, GRACE, HEALTH, FITNESS, & PLEASURE!

Section 01 – CRN# 37132

M-F 8:00 am – 9:00 am
Alumni Gym Pool View 126/127
Patricia Higgins
Cost: Students - \$55
April 3 – May 26, 2017

DANCE –SALSA & WEST COAST SWING INTERMEDIATE will focus on this internationally popular dance of Salsa and the contemporary, funky style of swing is one of the easiest dances to learn. No partner required. Please carry in clean shoes.

Section 01 – CRN# 37133

Tuesdays 7:00 pm – 9:00 pm
Alumni Gym Pool View 126/127
Jamie Orr
Cost: Students - \$60
April 3 – May 26, 2017

DARTFIT (Dynamic Anaerobic Resistance Training) ACHIEVE UNPARALLELED FAT LOSS, BUILD LEAN MUSCLE and MAXIMIZE YOUR FITNESS POTENTIAL! Cutting edge fitness program that applies the **Dynamic Anaerobic Resistance Training** system: an extremely effective, highly motivating system that combines cardio and metabolic resistance training. Cardio will be high intensity intervals with resistance in the form of body weight, dumbbells, medicine balls, kettle bells, etc. This class will be challenging, but your fitness gains and fat loss will make it well worth the effort! Take this class to declare yourself **DARTFIT!**

Section 01 – CRN# 37134

M-TH 12:00 - 1:00 pm
Alumni Gym West Gym Track
Jonathan Dame, NSCA-CSCS
Cost: Dartmouth Student \$55
April 3 – May 26, 2017

Section 02 – CRN# 37135

M-W 4:30 - 5:30 pm
Alumni Gym West Gym Track
Maddie May
Cost: Dartmouth Student \$55
April 3 – May 26, 2017

Section 03 – CRN# 37136

M-W-F 5:30 - 6:30 pm
Alumni Gym West Gym Track
Jenn Sargent
Cost: Dartmouth Student \$85
April 3 – May 26, 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.

Section 01 – CRN# 37263

Mondays 4:30 – 6:30 pm
Oberlander Lounge/The Green
Steve Rowe
Cost: Dartmouth Student \$100
April 3 – May 26, 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.

Section 01 – CRN# 37142

M-W 3:30 – 4:30 pm
Alumni Gym Poolview 126/127
Madelyn May
Cost: Dartmouth Student \$75
April 3 – May 26, 2017

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.

Section 01 – CRN# 37143

M-W-F 8:10- 9:00 am
Alumni Gym Manley 88
Sue Darling
Cost: Dartmouth Student \$63
April 3 – May 26, 2017

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!

Section 01 – CRN# 37144

M-W 5:30 – 6:30 pm
Alumni Gym Manley 87 & 88
Sue Darling
Cost: Dartmouth Student \$55
April 3 – May 26, 2017

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.**

Section 01 – CRN# 37145

T-Th 7:30 – 8:30 pm
Alumni Gym MP Room 182
Nicholas Bramlage
Cost: Student - \$76
April 3 – May 26, 2017

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 Jujutsu 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: sensie@dartmouth.edu. Or visit our web site - <http://www.aikibudoin.com/>

Section 01 – CRN# 37146

M-W-F 6:00-7:45 pm
Alumni Gym MP Room 182
Eric Bivona
Cost: Student-\$56
April 3 – May 26, 2017

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.

Section 01 (Level 1) – CRN# 37147

M-W 12:10-1:00 pm
Alumni Gym Poolview 126/127
Claudia Henrion/John Lee
Cost: Students-\$73
April 3 – May 26, 2017

Section 02 (Level 1.5) – CRN# 37148

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 12:10-1:00 pm
Alumni Gym Manley Room 87
John Kemp Lee
Cost: Students-\$73
April 3 – May 26, 2017

Section 03 (Level 2) – CRN#37149

T-TH 12:10-1:00 pm
Alumni Gym Manley 88
Claudia Henrion
Cost: Students-\$73
April 3 – May 26, 2017

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.

Section 02 – CRN# 37151

M-W 12:15 – 1:05 pm
Alumni Gym Manley 86
Sarah Berger
Cost: Students-\$55
April 3 – May 26, 2017

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.

Section 01 – CRN# 37152

M-W 4:00 – 5:00 pm
Alumni Gym MP Room 182
Naomi Thorngren
Cost: Students-\$73
April 3 – May 26, 2017

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 semester by learning the 5 basic principles of Pilates. Then we build all the exercises based upon those principles. By the end of the semester 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.

Section 01 – CRN# 37153

TU-TH 4:30 - 5:30 pm
Alumni Gym MP Room 182
Maryam Paydarfar
Cost: Students-\$73
April 3 – May 26, 2017

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.

Section 01 – CRN# 37154

M-W 5:00 - 6:00 pm
Alumni Gym MP Room 182
Naomi Thorngren
Cost: Students-\$73
April 3 – May 26, 2017

PILATES – POWER 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!

Section 01 – CRN# 37175

M-W 12:10 – 1:00 pm
Alumni Gym MP Room 182
Wendi Reuter-Lorenz
Cost: Students-\$85
April 3 – May 26, 2017

SPINNING (GROUP CYCLING) - Come spin your way to fitness with the dynamic Spinning Workout. A group workout on the Star Trac 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 all aluminum bikes. Free spirited, free wheeling, 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.**

Section 01 – CRN# 37177

M-W-F 6:50-7:40 am
Spinning Room
Rachel Inman
Cost: Students-\$91
April 3 – May 26, 2017

Section 02 – CRN# 37178

M-W-F 12:10-1:00 pm
Spinning Room
Hugh Mellert
Cost: Students-\$91
April 3 – May 26, 2017

Section 03 – CRN# 37179

M-W-F 5:15 - 6:15 pm
Spinning Room
Emily Carr/Kathy Smith
Cost: Students-\$91
April 3 – May 26, 2017

Section 04 – CRN# 37180

M-W 6:40-7:30 pm
Spinning Room
Sue Darling
Cost: Students-\$73
April 3 – May 26, 2017

Section 05 – CRN# 37181

T/TH 5:45 – 6:35 am
Spinning Room
Becky Rice-Mesec
Cost: Students-\$73
April 3 – May 26, 2017

Section 06 – CRN# 37182

T/TH 7:00 – 7:50 am
Spinning Room
Wendi Reuter-Lorenz
Cost: Students-\$73
April 3 – May 26, 2017

Section 07 – CRN# 37183

T/TH 4:30 – 5:15 pm
Spinning Room
Maria Borowy
Cost: Students-\$73
April 3 – May 26, 2017

Section 08 – CRN# 37184

T/TH 5:20 – 6:10 pm
Spinning Room
Meredith Alaback
Cost: Students-\$73
April 3 – May 26, 2017

Section 09 – CRN# 37185

T/TH 6:15 – 7:05 pm
Spinning Room
Leah Sarson/Alexandria Vasques
Cost: Students-\$73
April 3 – May 26, 2017

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.

Section 01 – CRN# 37186

M-W-F 8:30- 10:00 am
Zimmerman Fitness Center
Bernie Hils
Cost: Dartmouth Student \$64
April 3 – May 26, 2017

Section 02 – CRN# 37187

M-W 4:15 -5:30 pm
Zimmerman Fitness Center Mezzanine
Jolin Salazar-Kish
Cost: Dartmouth Student \$52
April 3 – May 26, 2017

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

Section 01 – CRN# 37188

M-W-F 7:45 – 8:30 am
Zimmerman Fitness Center
Bernie Hils
Cost: Dartmouth Student \$63
April 3 – May 26, 2017

STRENGTH TRAINING FOR WOMEN this course focuses on basic understanding and the benefits of strength training fitness. The emphasis will be on exposing students to different strength training principles and providing knowledge on proper technique

Section 01 – CRN# 37264

TU-TH 5:15 – 6:15 pm

Zimmerman Fitness Center Mezzanine

Theresa Hernandez

Cost: Dartmouth Student \$20

April 3 – May 26, 2017

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.

Section 01 – CRN# 37189

T-Th 12:10- 1:30 pm

Alumni Gym Pool View 126/127

Hugh Mellert

Cost: Dartmouth Student \$52

April 3 – May 26, 2017

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.

Section 01 – CRN# 37190

MWF 6:00 – 7:00 am

Alumni Gym Spinning Room/Fitness Center

Bernie Hill

Cost: Dartmouth Student \$68

April 3 – May 26, 2017

YOGA – EARLY MORNING YOGA Through the practice of ASHAYA yoga, build strength, balance and flexibility in a wide variety of beginner to advanced asanas (poses) safely embodying precise, therapeutic alignment techniques. Using the Ashaya® Method, we will blend the asana with empowering and spiritual uplifting heart virtues that support an awakening and harmony of the body, mind and spirit. Class is open to all.

Section 01 – CRN# 37193

M/W 7:00 – 8:00 AM

Alumni Gym MP 181

Mary Howell

Cost: Dartmouth Student \$88

April 3 – May 26, 2017

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.

Section 01 – CRN# 37194

M/W 4:00 – 5:25 PM

Alumni Gym MP 181

Kathy Jastrzembki

Cost: Dartmouth Student \$128

April 3 – May 26, 2017

Section 02 – CRN# 37195

M/W 5:30 – 7:00 pm

Alumni Gym MP 181

Kathy Jastrzembki

Cost: Dartmouth Student \$128

April 3 – May 26, 2017

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.

Section 01 – CRN# 37196

M-W 8:30-10:00 am

Alumni Gym MP 181

Marie Fourcaut

Cost: Students-\$132

April 3 – May 26, 2017

Section 02 – CRN# 37197

M-W 12:00-1:00 pm

Alumni Gym MP 181

Marie Fourcaut

Cost: Students-\$93

April 3 – May 26, 2017

MYOGA – VIGOROUS VINYASA - All levels are welcome, but this class is designed to challenge the students to go to the edge and realize their potential. This vigorous vinyasa class will be a real yoga workout. Be prepared to sweat!!!

Section 03 – CRN# 37198

T-Th 4:30-6:00 pm

Alumni Gym MP 181

Marie Fourcaut

Cost: Students-\$132

April 3 – May 26, 2017

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.

Section 01 – CRN# 37191

TU/TH 6:00 – 7:00 am

Zimmerman Fitness Center

Bernie Hils

Cost: Dartmouth Student \$45

April 3 – May 26, 2017

Section 02 – CRN# 37199

T/TH 12:10 – 1:00 pm

Zimmerman Fitness Center

Bernie Hils

Cost: Dartmouth Student \$45

April 3 – May 26, 2017

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!"

Section 01 – CRN# 37200

T/TH 4:30 – 5:25 pm

Alumni Gym Pool View 126/127

Gabriella Grangard/Morgan Quentel

Cost: Dartmouth Student \$62

April 3 – May 26, 2017

Section 02 – CRN# 37201

M/W/F 5:30 pm – 6:30 pm

Alumni Gym Manley 088

Evelyn Thibodeau

Cost: Dartmouth Student \$77

April 3 – May 26, 2017

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.

Section 01 – CRN# 37202

M/W/F 4:30 – 5:30 pm

Alumni Gym Pool View 126/127

Jenn Sargent

Cost: Dartmouth Student \$70

April 3 – May 26, 2017

Section 02 – CRN# 37203

TU/TH 5:30 – 6:30 pm

Alumni Gym Pool View 126/127

Evelyn Thibodeau

Cost: Dartmouth Student \$62

April 3 – May 26, 2017