

# FLIP GENERAL FITNESS CLASSES

## WINTER 2018

### JANUARY 8, 2018 – MARCH 16, 2018

#### NEW FLIP CLASSES

**BARRE FUSION** is an athletic workout specifically designed to strengthen and lengthen the body. The class is fueled by upbeat music and efficiently flows through each muscle group, creating endurance and stamina through strength training and increased flexibility through stretching. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises.

M/W 5:15 – 6:15 pm Alumni Gym Manley 86 Mora Cantlin/Kate Adams  
Cost: Students-\$70 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$110 / Public-\$125

#### NEW SATURDAY FLIP CLASSES

**SATURDAY SPINNING** Start your Saturday with a great ride with 8 Saturday Spin Classes this Winter. Jan 13-March 3, 2018

Saturday 9:15-10:15 am Spinning Room Various Instructors  
Cost: Students-\$44 / Grad Student & Domestic Partner \$50 / Dartmouth College & DHMC Employees-\$56 / Public-\$67  
Drop-in \$10 (Credit card only at front desk when space available).

**SATURDAY MORNING YOGA** This lively and fun yoga class includes detailed instruction in individual yoga poses as well as vinyasa, which links the yoga poses together into flowing sequences. 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. **8 WEEKS ONLY. JANUARY 13 – MARCH 3, 2018.**

Saturday 9:15-10:15 am Alumni Gym MP Room 181 Kathy Jastrzembki  
Cost: Students-\$56 / Grad Student & Domestic Partner \$60 / Dartmouth College & DHMC Employees-\$67 / Public-\$79  
Drop-in \$15 (Credit card only at front desk when space available).

**BARRE FUSION** is an athletic workout specifically designed to strengthen and lengthen the body. The class is fueled by upbeat music and efficiently flows through each muscle group, creating endurance and stamina through strength training and increased flexibility through stretching. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises.

M/W 5:15 - 6:15 pm Alumni Gym Manley 086 Mora Cantlin/Kate Adams  
Cost: Students - \$70 / Grad Student & Domestic Partner - \$82 / Dartmouth College & DHMC Employee - \$110 / Public - \$125

**DANCE –EAST COAST SWING INTERMEDIATE** will focus on the most popular style of swing. Participants would be familiar with the basics of this dance. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS MARCH 8, 2018**

Thursdays 8:00 - 9:00 pm Alumni Gym PoolView 126\127 Jamie Orr  
Cost: Students - \$30 / Grad Student & Domestic Partner \$55 / Dartmouth College & DHMC Employees - \$60 / Public - \$78

**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 in 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-\$135 / Grad Student & Domestic Partner \$155 / Dartmouth College & DHMC Employees-\$225 / Public-\$266

**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 - \$60/ Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees - \$146/ Public - \$178

**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 - \$158 \ Grad Student & Domestic Partner \$173 / Dartmouth College & DHMC Employees - \$226 \ Public - \$267

**Beginner**

T/TH 6:15 - 7:45 pm Alumni Gym Manley 86 Marianne Handy Hraibi  
Cost: Students - \$104 \ Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees - \$155 \ Public - \$190

**DANCE – NIA** It's the Music and Movement! It's a non-impact movement practice based on the idea through movement we find health. It's a workout disguised as a dance party. Combines movements and philosophies from martial arts, dance arts, and healing arts. NIA is danced to world music, stimulating aerobic intensity and creative expression as it brings STENGTH - 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 \$75 / Dartmouth & DHMC Employee \$85 / Public \$105 / Senior Citizen (65 years and older) \$66

**DANCE – WEST COAST SWING BEGINNER** is a contemporary couples dance that can be danced to pop, blues, country and more. The class starts at an introductory level. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS MARCH 6, 2018**

Tuesday 8:00 - 9:00 pm Alumni Gym PoolView 126/127 Jamie Orr  
Cost: Students - \$30 / Grad Student & Domestic Partner \$55 / Dartmouth College & DHMC Employees - \$60 / Public - \$78

**DANCE –NIGHTCLUB 2-STEP BEGINNER** was popularized in California in the 1980s and is suitable for slow music. It is one of the easier couples dances to learn. The class starts at an introductory level. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS MARCH 6, 2018**

Tuesdays 7:00 - 8:00 pm Alumni Gym Pool View 126/127 Jamie Orr  
Cost: Students - \$30 / Grad Student & Domestic Partner \$55 / Dartmouth College & DHMC Employees - \$60 / Public - \$78

**DANCE –BALLROOM INTERMEDIATE** will focus on waltz and foxtrot. Participants should be familiar with the basics of these two dances. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. ENDS MARCH 6, 2018**

Thursdays 7:00 - 8:00 pm Alumni Gym Pool View 126/127 Jamie Orr  
Cost: Students - \$30 / Grad Student & Domestic Partner \$55 / Dartmouth College & DHMC Employees - \$60 / Public - \$78

**DARTFIT** (Dynamic Anaerobic Resistance Training) BURN FAT, BUILD MUSCLE and MAXIMIZE YOUR FITNESS POTENTIAL! **Dynamic Anaerobic Resistance Training** 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/W/F 5:15 - 6:15 pm West Gym Track Kaiji Stern  
Cost: Dartmouth Student \$86 / Grad Student & Domestic Partner \$86 / Dartmouth & DHMC  
Employee \$100 / Public \$122 / Senior Citizen (65 years and older) \$82 **8 WEEKS ONLY. ENDS MARCH 2, 2018**

TU/F 12:00 pm - 1:00 pm West Gym Track Jonathan Dame, NSCA-CSCS  
Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$64 / Dartmouth & DHMC  
Employee \$83 / Public \$102 / Senior Citizen (65 years and older) \$68

TU/TH 5:30 - 6:30 pm West Gym Track Theresa Hernandez  
Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$64 / Dartmouth & DHMC  
Employee \$83 / Public \$102 / Senior Citizen (65 years and older) \$68

**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. This 8-week progressive program will give you an opportunity to enhance your dynamic balance in ways that are appropriate for you. Using a variety of movement-based exercises, simple pieces of equipment, and progressive programming, you will challenge your balance and condition your body in a fun and safe environment. By the end of the 8 weeks, you should find your dynamic balance and general conditioning has improved, you will better understand the systems in our bodies that affect balance, plus you will have a toolbox of exercises to continue at home. **8 WEEKS JANUARY 9 – MARCH 1, 2018.**

TU/TH 11:00 am - 12:00 pm Alumni Gym Manley 088 Carolyn Hooper Goetinck  
Cost: Dartmouth College & DHMC Employees-\$120 / Public-\$140

**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 \$85 / Grad Student & Domestic Partner \$123 / Dartmouth & DHMC Employee  
\$127 / Public \$160 / Senior Citizen (65 years and older) \$98

**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 \$57/ Grad Student & Domestic Partner \$82 / Dartmouth & DHMC Employee \$102 / Public \$127 / Senior Citizen (65 years and older) \$82

**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 - \$78 / Grad Student & Domestic Partner \$82 / Dartmouth & DHMC Employee - \$110 / Public - \$127

**MARTIAL ARTS - JUJITSU / AIKIDO / IAIDO** teach the concepts and training method of the Japanese martial arts of Jujitsu (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](mailto: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-\$57 / Grad Student & Domestic Partner \$70 / Dartmouth & DHMC Employee-\$110 / Public-\$168

**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-\$75 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$127 / Public-\$161

T/TH (**Level 1.5**) 12:10-1:00 pm Alumni Gym Manley Room 87 John Kemp Lee

Cost: Students-\$75/ Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$127 / Public-\$161

*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-\$75 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$127 / Public-\$161

**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-\$75 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$136

**PILATES – Applied Pilates** 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 Manley 086 Maryam Paydarfar  
Cost: Students-\$75 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$136

**PILATES – Advanced** The advanced 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-\$75 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$136

**ROWING - ADVANCED** Indoor rowing in the tanks for experienced adult rowers. Focus is on maintaining and improving rowing fitness.

M-W-F 6:00 am - 7:00 am Alumni Gym Tanks Linda Muri  
Cost: Dartmouth College & DHMC Staff - \$135 / Public-\$172

M-W-F 7:00 am - 8:00 am Alumni Gym Tanks Grace Hollowell  
Cost: Dartmouth College & DHMC Staff - \$135 / Public-\$172

**ROWING JUNIOR** Indoor rowing in the tanks for high school rowers with at least one season of rowing experience. A mix of technique and endurance.

TU / TH 6:00 am - 7:00 am Alumni Gym Tanks Rowan Carroll/Peter Kermond  
Cost: High School Students - \$144

**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.

MWF 12:00 pm – 1:00 pm Alumni Gym Tanks Liz Harrison  
Cost: Dartmouth College & DHMC Staff - \$135 / Public - \$172

**ROWING NOVICE** - Indoor rowing in the tanks for beginner adult rowers. Focus is on improving technique and improving fitness for rowing.

TU / TH 12 – 1 pm Alumni Gym Tanks Carin Reynolds  
Cost: Dartmouth College & DHMC Staff - \$93 / Public - \$125

**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 6:00-7:00 am Spin/Strength/Abs Bernie Hils  
 Cost: Students-\$93 / Grad Student & Domestic Partner \$110 / Dartmouth College & DHMC Employees-\$130 / Public-\$171

M/W/F 6:50-7:40 am Spinning Room Amy Mitson/Rachel Inman  
 Cost: Students-\$93 / Grad Student & Domestic Partner \$110 / Dartmouth College & DHMC Employees-\$130 / Public-\$171

M/W/F 12:10-1:00 pm Spinning Room Bernie Hils  
 Cost: Students-\$93 / Grad Student & Domestic Partner \$110 / Dartmouth College & DHMC Employees-\$130 / Public-\$171

M/W/F 5:15-6:15 pm Spinning Room Rachel Inman  
 Cost: Students-\$93 / Grad Student & Domestic Partner \$110 / Dartmouth College & DHMC Employees-\$130 / Public-\$171

M/W 6:40-7:30 pm Spinning Room Sue Darling  
 Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

T/TH 5:45-6:35 am Spinning Room Becky Rice-Mesec  
 Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

T/TH 7:00-7:50 am Spinning Room Wendi Reuter-Lorenz  
 Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

T/TH 4:30-5:15 pm Spinning Room Maria Borowy  
 Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

T/TH 5:20-6:10 pm Spinning Room Gregorio Amaro  
 Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

T/TH 6:15 - 7:05 pm Spinning Room Meredith Alaback  
 Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

Saturday 9:15-10:15 am Spinning Room Various Instructors  
 Cost: Students-\$40 / Grad Student & Domestic Partner \$42 / Dartmouth College & DHMC Employees-\$45 / Public-\$55  
**8 WEEKS JANUARY 13 – MARCH 3, 2018.**

**SPIN/STRENGTH/ABS** **Wake up workout with Bernie** class that begins with a 30 minute spinning workout followed by strength training in the Fitness Center and an abdominal workout combined with stretching.

M/W/F 6:00-7:00 am Spinning Room/Fitness Center Bernie Hils  
 Cost: Dartmouth Student \$93 / Grad Student & Domestic Partner \$110 / Dartmouth & DHMC Employee \$130 / Public \$171

**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- 9:45 am            Fitness Center            Bernie Hils  
Cost: Dartmouth Student \$70 / Grad Student & Domestic Partner \$118 / Dartmouth & DHMC Employee \$143 / Public \$162 / Senior Citizen (65 years and older) \$122

M/W            4:15 -5:30 pm            Fitness Center Mezzanine            Jolin Salazar-Kish  
**8 WEEKS ONLY. ENDS FEBRUARY 28, 2018.**  
Cost: Dartmouth Student \$53 / Grad Student & Domestic Partner \$80 / Dartmouth & DHMC Employee \$119 / Public \$133 / Senior Citizen (65 years and older) \$83

**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) \$100

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

M/W/F            7:45 - 8:35 am            Fitness Center            Bernie Hils  
Cost: Dartmouth Student \$64 / Grad Student & Domestic Partner \$102 / Dartmouth & DHMC Employee \$120 / Public \$151 / Senior Citizen (65 years and older) \$102

**STRONG®** -. If you like DartFit, Insanity, Tabata or another type of mixed interval program, you'll love STRONG™. STRONG™ is a high intensity interval training program that's music interval based, so there's no keeping an eye on the clock or waiting for a timer to go off. High intensity moves (such as high knees, burpees, jumping jacks, static planks, etc.) are interchanged with lower intensity moves (like lunges, jump rope skips, kickboxing) and even lower-intensity active recovery. A major benefit of the class design is that your instructor adapts the workout to all fitness levels by modifying the exercise intensities, so everyone can take the class, be successful and progress. It's great for the occasional exerciser or "weekend warrior" who wants to add more, consistent exercisers looking to shake up their routines, and even off-season club and varsity athletes. Not recommended for completely deconditioned individuals or those recovering from serious injuries. **9 WEEKS ONLY. ENDS MARCH 8, 2018.**

TU/TH            5:30 – 6:30 pm            Alumni Gym Pool View 126/127            Jenn Sargent  
Cost: Dartmouth Student \$105 / Grad Student & Domestic Partner \$95 / Dartmouth College & DHMC Employee \$142 / Public \$178/ Senior Citizen (65 years and older) \$118

**TORSO FITNESS/CORE CONDITIONING** 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 \$53 / Grad Student & Domestic Partner \$82 / Dartmouth & DHMC Employee \$86 / Public \$105 / Senior Citizen (65 years and older) \$78

**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/HIT** (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.

M/W/F **Spin/Strength/Abs** 6:00 – 7:00 am Spinning Room/Fitness Center Bernie Hills  
Cost: Dartmouth Student \$93 / Grad Student & Domestic Partner \$110 / Dartmouth & DHMC Employee \$130 / Public \$171

TU/TH **Z/HIT** 6:00-7:00 am Zimmerman Fitness Center Bernie Hills  
Cost: Dartmouth Student \$61 / Grad Student & Domestic Partner \$73/ Dartmouth & DHMC Employee \$86 / Public \$112

**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 \$52 / Grad Student & Domestic Partner \$94 / Dartmouth & DHMC Employee \$108/ Public \$121/ Senior Citizen (65 years and older) \$82

**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-\$90 / Grad Student & Domestic Partner \$110 / Dartmouth College & DHMC Employees-\$150 / Public-\$195

**YOGA – HATHA** this lively and fun yoga class includes detailed instruction in individual yoga poses as well as vinyasa, which links the yoga poses together into flowing sequences. 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. **8 WEEKS ONLY. ENDS FEBRUARY 28, 2018.**

M/W 5:00 - 6:30 pm Alumni Gym MP Room 181 Kathy Jastrzembski  
Cost: Students-\$130 / Grad Student & Domestic Partner \$150 / Dartmouth College & DHMC Employees-\$180 / Public-\$215

**YOGA – YOGA FOR EVERY BODY** Ever think that you're not flexible enough to do yoga? Not strong or "fit" enough? Concerned about an injury you've been struggling with for some time? Or hosting new injury? My belief is that yoga is for everyone. *Every* body can do *some* yoga and find immense benefit. Let me help you access your version of the poses in ways that truly work for you in YOUR body. We will explore yoga postures together, learn how yoga props can make the poses more accessible for your body, and reap the benefits of a regular practice. Join me for an invigorating class! I look forward to working with you. First Class Sept. 19 –

T/TH 6:30-7:30pm Alumni Gym MP Room 181 Alissa Trepman  
Cost: Students-\$80 / Grad. Students & Domestic Partners-\$110 / Dartmouth College & DHMC Employees-\$140 / Public-\$180



**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/Mary Howell  
Cost: Students-\$135 / Grad Student & Domestic Partner \$146 / Dartmouth College & DHMC Employees-\$198 / Public-\$228

M/W 12:00-1:00 pm Alumni Gym Room 181 & 182 Marie Fourcaut/Mary Howell  
Cost: Students-\$95 / Grad Student & Domestic Partner \$100 / Dartmouth College & DHMC Employees-\$156 / Public-\$202

**MYOGA – VINYASA STYLE** 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/Mary Howell  
Cost: Students-\$135 / Grad Student & Domestic Partner \$146 / Dartmouth College & DHMC Employees-\$198 / Public-\$228

**YOGA SATURDAY MORNING** This lively and fun yoga class includes detailed instruction in individual yoga poses as well as vinyasa, which links the yoga poses together into flowing sequences. 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. **8 WEEKS JANUARY 13 – MARCH 10, 2018.**

Saturday 9:15-10:15 am Alumni Gym MP Room 181 Kathy Jastrzembski  
Cost: Students-\$51 / Grad Student & Domestic Partner \$55 / Dartmouth College & DHMC Employees-\$62 / Public-\$72

**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 6:00 – 7:00 am Zimmerman Fitness Center Bernie Hils **CLASS LIMIT 15.**  
Cost: Dartmouth Student \$61 / Grad Student & Domestic Partner \$73 / Dartmouth & DHMC  
Employee \$86/ Public \$112

T/TH 12:10-1:00pm Zimmerman Fitness Center Bernie Hils **CLASS LIMIT 15 .**  
Cost: Dartmouth Student \$61 / Grad Student & Domestic Partner \$73 / Dartmouth & DHMC  
Employee \$86/ Public \$112

**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 5:30 – 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau  
Cost: Dartmouth Student \$105 / Grad Student & Domestic Partner \$83 / Dartmouth College & DHMC  
Employee \$115 / Public \$150 / Senior Citizen (65 years and older) \$88

T/TH 4:30 – 5:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau  
Cost: Dartmouth Student \$75 / Grad Student & Domestic Partner \$83 / Dartmouth College & DHMC  
Employee \$115 / Public \$150 / Senior Citizen (65 years and older) \$88

**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 4:30 - 5:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau  
Cost: Dartmouth Student \$75 / Grad Student & Domestic Partner \$83 / Dartmouth College & DHMC  
Employee \$115 / Public \$150 / Senior Citizen (65 years and older) \$88