

WINTER 2018 PE/FLIP EXERCISE 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.

Section 01 – CRN# 11735

M/W 5:15 – 6:15 PM
Alumni Gym Manley 086
Mora Cantlin/Kate Adams
Cost: Students-\$70
January 8 – March 2, 2018

DANCE – BALLROOM/EAST COAST DANCE INTERMEDIATE will focus on the most popular style of swing and on waltz and foxtrot. Participants should be familiar with the basics of these two dances. No partner required. Please carry in clean shoes.

Section 01 – CRN# 11784

Thursdays 7:00 - 9:00 pm
Alumni Gym Poolview 126/127
Jamie Orr
Cost: Students-\$60
January 8 – March 2, 2018

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# 11736

T-Th 12:00-1:30 pm
Alumni Gym MP 181
Marie Fourcaut
Cost: Students-\$135
January 8 – March 2, 2018

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# 11737

M-W 12:00-1:00 pm
Alumni Gym Manley 88
Jamie Orr
Cost: Students-\$60
January 8 – March 2, 2018

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# 11738

M-W 6:35 - 8:05 pm / Saturdays 9:00 – 10:30 am

Poolview 126/127

Marianne Handy Hraibi

Cost: Students-\$158

January 8 – March 2, 2018

Section 02(Beginner) – CRN# 11739

TU-TH 6:15 - 7:45 pm

Alumni Gym Manley 086

Marianne Handy Hraibi

Cost: Students-\$104

January 8 – March 2, 2018

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!

Section 01 – CRN# 11740

M-F 8:00 am – 9:00 am

Alumni Gym Pool View 126/127

Patricia Higgins

Cost: Students - \$55

January 8 – March 2, 2018

DANCE –2 STEP/WEST COAST SWING 2 step was popularized in California in the 1980s and is suitable for slow music. It is one of the easier couples dances to learn. West coast swing 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.

Section 01 – CRN# 11785

Tuesdays 7:00 pm – 9:00 pm

Alumni Gym Pool View 126/127

Jamie Orr

Cost: Students - \$60

January 8 – March 2, 2018

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# 11741

T/F 12:00 - 1:00 pm
Alumni Gym West Gym Track
Jonathan Dame, NSCA-CSCS
Cost: Dartmouth Student \$55
January 8 – March 2, 2018

Section 02 – CRN# 11742

TU/TH 5:15 - 6:15 pm
Alumni Gym West Gym Track
Theresa Hernandez
Cost: Dartmouth Student \$55
January 8 – March 2, 2018

Section 03 – CRN# 11743

M-W-F 5:15 - 6:15 pm
Alumni Gym West Gym Track
Kaiji Stern
Cost: Dartmouth Student \$86
January 8 – March 2, 2018

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# 11744

M-W-F 8:10- 9:00 am
Alumni Gym Manley 88
Sue Darling
Cost: Dartmouth Student \$85
January 8 – March 2, 2018

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# 11745

M-W 5:30 – 6:30 pm
Alumni Gym Manley 87 & 88
Sue Darling
Cost: Dartmouth Student \$57
January 8 – March 2, 2018

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# 11746

T-Th 7:30 – 8:30 pm

Alumni Gym MP Room 182

Nicholas Bramlage

Cost: Student - \$78

January 8 – March 2, 2018

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# 11747

M-W-F 6:00-7:45 pm

Alumni Gym MP Room 182

Eric Bivona

Cost: Student-\$57

January 8 – March 2, 2018

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# 11748

M-W 12:10-1:00 pm

Alumni Gym Poolview 126/127

Claudia Henrion/John Lee

Cost: Students-\$75

January 8 – March 2, 2018

Section 02 (Level 1.5) – CRN# 11749

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-\$75

January 8 – March 2, 2018

Section 03 (Level 2) – CRN# 11750

T-TH 12:10-1:00 pm
Alumni Gym Manley 88
Claudia Henrion
Cost: Students-\$75
January 8 – March 2, 2018

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# 11754

M-W 4:00 – 5:00 pm
Alumni Gym MP Room 182
Naomi Thorngren
Cost: Students-\$75
January 8 – March 2, 2018

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 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# 11755

TU-TH 4:30 - 5:30 pm
Alumni Gym Manley 086
Maryam Paydarfar
Cost: Students-\$75
January 8 – March 2, 2018

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# 11756

M-W 5:00 - 6:00 pm
Alumni Gym MP Room 182
Naomi Thorngren
Cost: Students-\$75
January 8 – March 2, 2018

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# 11757

M-W-F 6:50-7:40 am
Spinning Room
Amy Mitson/Rachel Inman
Cost: Students-\$93
January 8 – March 2, 2018

Section 02 – CRN# 11758

M-W-F 12:10-1:00 pm
Spinning Room
Bernie Hils
Cost: Students-\$93
January 8 – March 2, 2018

Section 03 – CRN# 11759

M-W-F 5:15 - 6:15 pm
Spinning Room
Rachel Inman
Cost: Students-\$93
January 8 – March 2, 2018

Section 04 – CRN# 11760

M-W 6:40-7:30 pm
Spinning Room
Sue Darling
Cost: Students-\$74
January 8 – March 2, 2018

Section 05 – CRN# 11761

T/TH 5:45 – 6:35 am
Spinning Room
Becky Rice-Mesec
Cost: Students-\$74
January 8 – March 2, 2018

Section 06 – CRN# 11762

T/TH 7:00 – 7:50 am
Spinning Room
Wendi Reuter-Lorenz
Cost: Students-\$74
January 8 – March 2, 2018

Section 07 – CRN# 11763

T/TH 4:30 – 5:15 pm
Spinning Room
Maria Borowy
Cost: Students-\$74
January 8 – March 2, 2018

Section 08 – CRN# 11764

T/TH 5:20 – 6:10 pm
Spinning Room
Gregoria Amaro
Cost: Students-\$74
January 8 – March 2, 2018

Section 09 – CRN# 11765

T/TH 6:15 – 7:05 pm
Spinning Room
Meredith Alaback
Cost: Students-\$74
January 8 – March 2, 2018

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# 11766

M-W-F 8:30- 9:45 am
Zimmerman Fitness Center
Bernie Hills
Cost: Dartmouth Student \$70
January 8 – March 2, 2018

Section 02 – CRN# 11767

M-W 4:15 -5:30 pm
Zimmerman Fitness Center Mezzanine
Jolin Salazar-Kish
Cost: Dartmouth Student \$53
January 8 – March 2, 2018

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

Section 01 – CRN# 11768

M-W-F 7:45 – 8:35 am
Zimmerman Fitness Center
Bernie Hills
Cost: Dartmouth Student \$64
January 8 – March 2, 2018

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.

Section 01 – CRN# 11769

TU/TH 5:30 – 6:30 pm
Alumni Gym Poolview 126/127
Jenn Sargent
Cost: Dartmouth Student \$105
January 8 – March 2, 2018

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# 11770

T-Th 12:10- 1:30 pm

Alumni Gym Pool View 126/127

Hugh Mellert

Cost: Dartmouth Student \$53

January 8 – March 2, 2018

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# 11771

MWF 6:00 – 7:00 am

Alumni Gym Spinning Room/Fitness Center

Bernie Hill

Cost: Dartmouth Student \$93

January 8 – March 2, 2018

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.

Section 01 – CRN# 11772

TU/TH 5:45 – 7:30 am

Alumni Gym Fitness Center/Spaulding Pool

Nancy Connolley/Becky Rice-Mesec

Cost: Dartmouth Student \$52

January 8 – March 2, 2018

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.

Section 01 – CRN# 11773

M/W 7:00 – 8:00 am

Alumni Gym MP 181

Mary Howell

Cost: Dartmouth Student \$90

January 8 – March 2, 2018

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 – **No class on Sept. 21. 8 WEEKS ONLY ENDS NOV. 14**

Section 01 – CRN# 11774

TU/TH 6:30 – 7:30 pm
Alumni Gym MP 181
Alissa Trepman
Cost: Dartmouth Student \$80
January 8 – March 2, 2018

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# 11775

M/W 5:00 – 6:30 PM
Alumni Gym MP 181
Kathy Jastrzembski
Cost: Dartmouth Student \$130
January 8 – March 2, 2018

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# 11776

M-W 8:30-10:00 am
Alumni Gym MP 181
Marie Fourcaut/Mary Howell
Cost: Students-\$135
January 8 – March 2, 2018

Section 02 – CRN# 11777

M-W 12:00-1:00 pm
Alumni Gym MP 181
Marie Fourcaut/Mary Howell
Cost: Students-\$95
January 8 – March 2, 2018

MYOGA – VINYASA STYLE - 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# 11778

T-Th 4:30-6:00 pm
Alumni Gym MP 181
Marie Fourcaut/Mary Howell
Cost: Students-\$135
January 8 – March 2, 2018

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# 11779

T/TH 6:00 – 7:00 am

Zimmerman Fitness Center

Bernie Hills

Cost: Dartmouth Student \$61

January 8 – March 2, 2018

Section 02 – CRN# 11780

T/TH 12:10 – 1:00 pm

Zimmerman Fitness Center

Bernie Hills

Cost: Dartmouth Student \$61

January 8 – March 2, 2018

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# 11781

T/TH 4:30 – 5:30 pm

Alumni Gym Pool View 126/127

Evelyn Thibodeau

Cost: Dartmouth Student \$75

January 8 – March 2, 2018

Section 02 – CRN# 11782

M/W 5:30 pm – 6:30 pm

Alumni Gym Poolview 126/127

Evelyn Thibodeau

Cost: Dartmouth Student \$105

January 8 – March 2, 2018

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# 11783

M/W 4:30 – 5:30 pm

Alumni Gym Pool View 126/127

Evelyn Thibodeau

Cost: Dartmouth Student \$75

January 8 – March 2, 2018