

# FLIP GENERAL FITNESS CLASSES SUMMER 2018 JUNE 25, 2018 – AUGUST 31, 2018

**TENNIS** this class is open to INTERMEDIATE level singles and doubles tennis enthusiasts. Participants should bring their own racquets and meet at the Topliff courts (immediately to the west of Alumni Gym). Sessions are planned for 8 weeks. **June 26 – August 14.** Drills and game sequences focus on mobility, point preparedness, form, strategy, and selected tennis skills including serving, returns of serve, net play and partnering. Rain days will move the class to Thursdays.

Tuesdays 5:15 – 6:45 pm Topliff Tennis Courts Denis Rydjeski/Keith Van Winkle  
Cost: Dartmouth College & DHMC Employees-\$115 / Public - \$135

**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. **8 WEEKS ONLY. ENDS AUG 17, 2018.**

T/TH 12:00-1:30 pm Alumni Gym MP 181 Marie Fourcaut  
Cost: Students-\$108 / Grad Student & Domestic Partner \$124 / Dartmouth College & DHMC Employees-\$180 / Public-\$215

**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. **8 WEEKS ONLY JUNE 11 – AUGUST 1, 2018.**

M/W 12:00 pm – 1:00 pm Alumni Gym Manley 88 Jamie Orr  
Cost: Grad Student & Domestic Partner \$96 / Dartmouth College & DHMC Employees - \$117/ Public - \$143

**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. **CLASS BEGINS JULY 2, 2018.**

## **Advanced**

M/W 6:35 - 7:50 pm Poolview 126/127 Marianne Handy Hraibi  
Cost: Students - \$104 \ Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees - \$155 \ Public - \$190

## **Beginner**

T/TH 9:00 - 10:30 am Alumni Gym Manley 86 Marianne Handy Hraibi  
Cost: Students - \$104 \ Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees - \$155 \ Public - \$190

**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 4:30 - 5:30 pm West Gym Track Jenn Sargent  
Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$58 / Dartmouth & DHMC  
Employee \$75 / Public \$92 / Senior Citizen (65 years and older) \$61 **9 WEEKS ONLY, ENDS AUG 24, 2018**

M/W 5:30 - 6:30 pm West Gym Track Jenn Sargent  
Cost: Dartmouth Student \$55 / Grad Student & Domestic Partner \$58 / Dartmouth & DHMC  
Employee \$75 / Public \$92 / Senior Citizen (65 years and older) \$61 **9 WEEKS ONLY, ENDS AUG 24, 2018**

TU/TH 5:15 - 6:15 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

**FLY FISHING** will instruct the basic techniques of fly fishing. These will include casting, entomology, river reading. Classroom will be followed by a practical skill session with additional time outside of class for on water experience. Fishing Trip will be Sunday July 29, 2018. All equipment will be supplied. **6 WEEKS ONLY.**

Mondays 4:30-6:30pm Dartmouth Green/Reed 106 Steve Rowe  
Cost: Students - \$100 / Grad Student & Domestic Partner \$120 / 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. 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 JUNE 25 – AUGUST 17, 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 8:10- 9:00 am Alumni Gym Manley 88 Sue Darling  
Cost: Dartmouth Student \$57 / Grad Student & Domestic Partner \$82/ Dartmouth & DHMC Employee \$102 / Public \$127

**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 5:10 - 6:00 pm Manley 87 & 88 Sue Darling  
Cost: Dartmouth Student \$57/ Grad Student & Domestic Partner \$82 / Dartmouth & DHMC Employee \$102 /Public \$127

**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.aikibudo.com/>

M/W/F 6:00-7:45 pm Alumni Gym MP Room 182 Eric Bivona  
Cost: Student-\$78 / Grad Student & Domestic Partner \$82 / Dartmouth & DHMC Employee-\$110 / Public-\$160

**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. **9 WEEKS ONLY. ENDS AUG 22, 2018**

M/W (Advanced) 5:00 - 6:00 pm Alumni Gym MP Room 182 Naomi Thorngren  
Cost: Students-\$75 / Grad Student & Domestic Partner \$80 / Dartmouth College & DHMC Employees-\$95 / Public-\$123

**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 \$120 / Dartmouth College & DHMC Employees-\$150 / Public-\$190

M/W/F 12:10-1:00 pm Spinning Room Wendi Reuter-Lorenz/Bernie Hils/Bethany David  
Cost: Students-\$93 / Grad Student & Domestic Partner \$120 / Dartmouth College & DHMC Employees-\$150 / Public-\$190

M/W 6:05-6:50 pm Spinning Room Sue Darling  
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 Kristin Knutzen  
Cost: Students-\$74 / Grad Student & Domestic Partner \$82 / Dartmouth College & DHMC Employees-\$105 / Public-\$138

**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 \$120 / Dartmouth & DHMC Employee \$150 / Public \$190

**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 \$93 / Grad Student & Domestic Partner \$118 / Dartmouth & DHMC Employee \$155 / Public \$185 / Senior Citizen (65 years and older) \$130

M/W            4:15 -5:30 pm            Fitness Center Mezzanine            Jolin Salazar-Kish  
**8 WEEKS ONLY. ENDS AUG 17, 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/MikeAmberger  
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 \$85 / Grad Student & Domestic Partner \$110 / Dartmouth & DHMC Employee \$125 / Public \$160 / Senior Citizen (65 years and older) \$110

**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 AUGUST 23, 2018.**

TU/TH            5:15 – 6:15 pm            Alumni Gym Pool View 126/127            Jenn Sargent  
Cost: Dartmouth Student \$75 / Grad Student & Domestic Partner \$86 / Dartmouth College & DHMC Employee \$128 / Public \$160/ Senior Citizen (65 years and older) \$106

**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. **5 WEEKS ONLY. ENDS JULY 26, 2018.**

T/TH **(Level 1.5)** 12:10-1:00 pm Alumni Gym Manley Room 87 John Kemp Lee  
Cost: Grad Student & Domestic Partner \$41 / Dartmouth College & DHMC Employees-\$64 / Public-\$81  
*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: Grad Student & Domestic Partner \$41 / Dartmouth College & DHMC Employees-\$64 / Public-\$81

**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/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.

M/W/F **Spin/Strength/Abs** 6:00 – 7:00 am Spinning Room/Fitness Center Bernie Hils  
Cost: Dartmouth Student \$93 / Grad Student & Domestic Partner \$120 / Dartmouth & DHMC Employee \$150 / Public \$190

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

**WHOLE BODY STRENGTH & CORE TRAINING** 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.

T/TH 5:45-7:00 am Fitness Center Nancy Connolley  
Cost: Dartmouth Student \$52 / Grad Student & Domestic Partner \$94 / Dartmouth & DHMC Employee \$108/ Public \$121/  
Senior Citizen (65 years and older) \$82.

**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. **8 WEEKS ONLY. ENDS AUG 17, 2018.**

M/W 8:30-10:00 am Alumni Gym Room 181 Marie Fourcaut  
Cost: Students-\$135 / Grad Student & Domestic Partner \$140 / Dartmouth College & DHMC Employees-\$158 / Public-\$183

M/W 12:00-1:00 pm Alumni Gym Room 181 & 182 Marie Fourcaut  
Cost: Students-\$95 / Grad Student & Domestic Partner \$98 / Dartmouth College & DHMC Employees-\$125 / Public-\$162

**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. **8 WEEKS ONLY. ENDS AUG 17, 2018.**

T/TH 4:30-6:00 pm Alumni Gym Room 181 Marie Fourcaut  
Cost: Students-\$135 / Grad Student & Domestic Partner \$140 / Dartmouth College & DHMC Employees-\$158 / Public-\$228

**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/F 5:30 – 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau  
Cost: Dartmouth Student \$105 / Grad Student & Domestic Partner \$125 / Dartmouth College & DHMC Employee \$175 / Public \$218 / Senior Citizen (65 years and older) \$130

**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 - 5:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau  
Cost: Dartmouth Student \$105 / Grad Student & Domestic Partner \$125 / Dartmouth College & DHMC Employee \$175 / Public \$218 / Senior Citizen (65 years and older) \$130