

FLIP Holiday Mini Session

To help get you through the Holidays. FLIP Fitness Programs will be offering the following Fitness Classes from December 9-20.

Free Sample Classes

NEW CLASSES to be offered this Winter

Meet *Pilates* @ the *Barre*

A Fun Fusion of *Pilates* exercises with the blend of strength work at the *Barre*, this class will get your *CORE* covered and so much more! Using the Fitness Ball, Weights and laced with Pilates & Barre Principles, get ready for a class that will keep you warm, strengthen your mind and body and leave you feeling pumped!

Dec. 9, 11, 16, 18 12:10-12:55pm MP Room 182 Wendi Reuter-Lorenz

PUNCH & FLOW – Conditioning w/ Boxing Skills

Looking for a workout that is as much as fun as it is challenging? Wondering why boxing workouts have become all the rage? This full body cardio infused boxing class will get you working your legs, core, and upper body all while you're focused on having fun hitting a punching bag. Learn punch combinations, some fancy footwork, and get your body moving while participating in 4-6 rounds of boxing basics and body weight exercises. And if that doesn't get you sweating enough, stick around for an extra round of Ab finishers that will give you that boxers six-pack. At the end of class you'll feel like Rocky Balboa! No boxing experience needed! All equipment provided!

Dec. 10, 12, 17, 19 12:10-12:45pm West Gym Main Court Bob Coppola

WALK STRONG

If walking is your fitness activity of choice and the winter weather makes it difficult to get in all your steps, this lunchtime FLIP Class is just for you. Walking on the indoor West Gym Track with conditioning exercises planned into your laps. A cardio walking workout with exercises to improve strength & flexibility.

Dec. 9, 11, 16 12:10-12:50pm West Gym Track

RETURNING FAVORITES - Free

TORSO FITNESS/CORE CONDITIONING

Offers 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.

Dec. 10, 12, 17, 19 12:10- 1:00 pm Alumni Gym Pool View 126/127
w/ Hugh Mellert

SPINNING w/ Becky

Dec. 12, 17, 19 5:45-6:35am Spin Room Becky Rice Mesec

SPINNING w/ Amy

Dec. 9, 11, 13 6:50-7:40am Spinning Room Amy Mitson

ZUMBA w/ Jolin

Dec. 10, 12, 17, 19 5:15-6:15pm Alumni Gym Pool View 126/127
w/ Jolin Kish

TAKE FLIGHT w/ Theresa

Prepare to take flight where nightclub energy is fused with fitness in a fiercely energetic 45 minutes, Take Flight is comprised of fun workout challenges designed to burn calories, build strength, and increase your endurance! Focusing on high repetition movements along with resistance and strength training. Join us if you would like to take your fitness to the next level or if you're looking to TAKE FLIGHT.

Dec. 12, 17 5:00-6:00 pm MP Room 88 w/Theresa Hernandez

WHOLE BODY STRENGTH & CORE TRAINING w/ Nancy

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 & foam rollers during the class. Workout sessions are varied to achieve a well-balanced & interesting regimen. Participants are encouraged & guided in attaining their maximum individual results. All ages & levels welcome.

Dec. 10, 12, 17, 19 5:45-6:45am Zimmerman Fitness Center
w/ Nancy Connolley

Classes for a Fee (7 Classes)

DARTFIT w/ Jon

Dec. 10, 12, 17, 19 12:00- 1:00 pm West Gym Track w/Jon Dame
Cost: Grad Student & Domestic Partner \$20 / Dartmouth & DHMC
Employee \$24 / Public \$30

DARTFIT w/ Theresa

Dec. 9, 11, 16, 18 5:30-6:30 pm West Gym Track w/Theresa Hernandez
Cost: Grad Student & Domestic Partner \$20 / Dartmouth & DHMC
Employee \$24 / Public \$30

Hatha Yoga w/ Kathy

Dec. 9, 11, 16, 18 12:00- 1:00 pm MP Room 181 w/Kathy Jastrzembski
Cost: Grad Student & Domestic Partner \$20 / Dartmouth & DHMC
Employee \$24 / Public \$30

ZHIIT w/ Bernie

Dec. 10, 12, 17, 19 12:10- 1:00 pm Zimmerman Fitness Center w/Bernie Hils

Cost: Grad Student & Domestic Partner \$20 / Dartmouth & DHMC

Employee \$24 / Public \$30

SPIN STRENGTH ABS w/ Bernie

Dec. 9, 11, 13, 16, 18, 20 6:00-7:00am Zimmerman Fitness Center w/Bernie Hils

Cost: Grad Student & Domestic Partner \$30 / Dartmouth & DHMC

Employee \$36 / Public \$45

STRENGTH, STRETCH & BALANCE w/ Bernie

Dec. 9, 11, 13, 16, 18, 20 7:45-8:30am Fitness Center w/Bernie Hils

Cost: Grad Student & Domestic Partner \$30 / Dartmouth & DHMC

Employee \$36 / Public \$45

ZUMBA w/ EVELYN

Dec. 9, 11, 16, 18 5:15-6:15 pm PoolView Room w/Evelyn Thibodeau

Cost: Grad Student & Domestic Partner \$20 / Dartmouth & DHMC

Employee \$24 / Public \$30