

Free Summer FLIP Zoom Fitness Classes / July 6 – Aug. 28

No Registration Required....Just join in. Contact Hugh Mellert with questions.

DartFIT w/ Theresa Hernandez / MWF / 5:30-6:30pm

(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 and home equipment, 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!

Join Zoom Meeting:

<https://dartmouth.zoom.us/j/91281103979>

DartGo Link: <https://dartgo.org/virtualdartfit>

Modern Dance Conditioning with Marianne Hraibi / MWF / 10-11am

Join professional dancer, Marianne Handy Hraibi, for a stretch class that focuses on proper body alignment while it teaches correct use of muscles groups. Emphasis is on lengthening and toning muscles while striving to work with freedom, intense inner focus, and deliberate - concentrated vigor. Instruction is geared to condition the body by increasing core strength, flexibility, balance, stretch, and agility. Exercises are derived from the famed Martha Graham Technique.

Join Zoom Meeting:

<https://dartmouth.zoom.us/meeting/register/tJ0pdOqtrDMvE9NEZ9be0EmLYV1AT65-j35V>

Zumba with Jolin Kish / TTh 5-6pm / Wed. 5:15-6:15pm

Thanks for joining us for Zumba time! We now also have Wednesday nights added to the mix. As always, make sure your workout space is safe, well ventilated or cooled on a hot day like today, with no trip hazards!

Please go at your own pace and rest and drink as you need to. It's ok to turn off your camera if you want to go incognito. It's great to turn it on if you want any feedback or encouragement from me as we go! The class is one hour but feel free to join any portion of it (just remember to plan to warm up and cool down safely). And if your friends want to join us, please send their email address so I can add them to my list! (Jolin Kish jolin@kccproperties.com)

Here is the RECURRING link for EVERY WEEK :

Tuesday / Thursday at 5pm and Wednesday at 5:15pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/307504930?pwd=RE1RcWhXeUFGUDRwUEQ1UWw5Yy9Qdz09>

Classic Mat Pilates with Maryam Paydarfar / Tue / 3:00-3:45pm

In this class the original 34 exercises of Mat Pilates will be explored. We will learn how our body works and how we can get the most benefit out of the Joseph Pilates routine by using different approaches. You will not need much space to do these exercises – just have enough open space to be able to make a snow angel! Having props like mat, exercise stretch bands, yoga blocks, exercise balls can be very helpful tools, however, in case you don't have any, we can be creative by finding other household items to replace these.

Join Zoom Meeting:

<https://dartmouth.zoom.us/j/2867293601>

Torso Fitness/Core Conditioning with Hugh Mellert / TTh / 12-1pm

This class 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.

Join Zoom Meeting:

<https://dartmouth.zoom.us/j/129437890>