

FLIP GENERAL FITNESS CLASSES SUMMER 2019 JUNE 24, 2019 – AUGUST 30, 2019

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. **June 10 – July 31, 2019 (8 Weeks only)**

M/W 12:00 pm – 1:00 pm Alumni Gym Manley 88 Jamie Orr
Cost: Students - \$61 / Grad Student & Domestic Partner \$98 / Dartmouth College & DHMC Employees - \$122 / Public - \$146
Enrollment: Minimum: 8 Maximum: 30

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.

M/W 6:35 - 7:50 pm Poolview 126/127 Marianne Handy Hraibi
Cost: Students - \$106 \ Grad Student & Domestic Partner \$126 / Dartmouth College & DHMC Employees - \$158 \ Public - \$194
Enrollment: Minimum: 10 Maximum: 30

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! **CLASS MEETS IN AIR-CONDITIONED ROOM.**

M/W 4:30 - 5:30 pm Alumni Gym Manley 87/88 Theresa Hernandez
Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$78 / Dartmouth & DHMC Employee \$103 / Public \$127 / Senior Citizen (65 years and older) \$84
Enrollment: Minimum: 10 Maximum: 25

FLY FISHING Suitable for both beginners and those with some experience, this class will include casting on the Green, classroom instruction, and a fishing trip to a local pond or river. This is a comprehensive fly fishing experience, intended to give participants the FUNdamentals and confidence to successfully pursue the sport on their own or for those with experience, the chance to advance their skills. Emphasis is placed on fly casting techniques, but we will also learn and practice fishing knots, learn basic entomology, and learn how to choose the right fly. All necessary equipment will be explained and provided. A Sunday afternoon class will take place on the water with an opportunity to catch and properly release fish. 6 WEEKS PLUS FIELD TRIP WHICH WILL BE HELD July 28, 2019.

Mondays 4:30-6:30pm Dartmouth Green/Reed 106 Steve Rowe FFI - CCI
Cost: Students - \$105 / Grad Student & Domestic Partner \$125 / Dartmouth & DHMC Employees - \$177 / Public - \$222
Enrollment: Minimum: 8 Maximum: 12

HIIT FIT EXPRESS Get out fast and get the most out of your workout with this time busting, heart beating workout using the HIGH INTENSITY INTERVAL WORKOUT Format in 45 minutes! We will use weights, balls, body weight and more PLUS your motivation to get lean and fit with this economy class! **CLASS MEETS IN AIR-CONDITIONED ROOM.**

TU/TH **(8 Weeks Only. Ends August 14)** 12:30 - 1:15 pm Alumni Gym Manley 87/88 Wendi Reuter-Lorenz
Cost: Students - \$76 / Grad Student & Domestic Partner - \$86 / Dartmouth College & DHMC Employee - \$112 / Public - \$139
Enrollment: Minimum: 10 Maximum: 20

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 \$80 / Grad Student & Domestic Partner \$86 / Dartmouth & DHMC Employee \$112 / Public \$140
Enrollment: Minimum: 10 Maximum: 30

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-\$76 / Grad Student & Domestic Partner \$86 / Dartmouth College & DHMC Employees-\$112 / Public-\$139
Enrollment: Minimum: 8 Maximum: 30

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-\$95 / Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees-\$155 / Public-\$193
Enrollment: Minimum: 8 Maximum: 20

M/W 12:10-1:00 pm Spinning Room Wendi Reuter Lorenz/Bernie Hils
Cost: Students-\$75 / Grad Student & Domestic Partner \$87 / Dartmouth College & DHMC Employees-\$113 / Public-\$141
Enrollment: Minimum: 8 Maximum: 20

M/W 5:50-6:40 pm Spinning Room Sue Darling
Cost: Students-\$75 / Grad Student & Domestic Partner \$87 / Dartmouth College & DHMC Employees-\$113 / Public-\$141
Enrollment: Minimum: 8 Maximum: 20

T/TH 4:30-5:20 pm Spinning Room Debra Grabill
Cost: Students-\$75 / Grad Student & Domestic Partner \$87 / Dartmouth College & DHMC Employees-\$113 / Public-\$141
Enrollment: Minimum: 8 Maximum: 20

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. **8 WEEKS ONLY. ENDS AUGUST 14, 2019.**

M/W 8:30- 9:45 am Fitness Center Bernie Hils
Cost: Dartmouth Student \$70 / Grad Student & Domestic Partner \$85 / Dartmouth & DHMC Employee \$121 / Public \$146 / Senior Citizen (65 years and older) \$85
Enrollment: Minimum: 8 Maximum: 25

TU/TH 4:30 -5:30 pm Fitness Center Mezzanine Jolin Salazar-Kish
8 WEEKS ONLY. ENDS AUGUST 15, 2019.
Cost: Dartmouth Student \$56 / Grad Student & Domestic Partner \$70 / Dartmouth & DHMC Employee \$121 / Public \$136
Enrollment: Minimum: 8 Maximum: 20

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) \$125
Enrollment: Minimum: 4 Maximum: 20

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

M/W/F 7:45 - 8:30 am Fitness Center Bernie Hils
Cost: Dartmouth Student \$76 / Grad Student & Domestic Partner \$112 / Dartmouth & DHMC Employee \$131 / Public \$164 / Senior Citizen (65 years and older) \$112
Enrollment: Minimum: 10 Maximum: 25

TAKE FLIGHT prepare to take flight were 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 your looking to get started for the first time. All fitness level are welcome.

T/TH 4:30- 5:15 pm Alumni Gym Pool View 126/127 Theresa Hernandez
Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$75 / Dartmouth & DHMC Employee \$91 / Public \$114 / Senior Citizen (65 years and older) \$80
Enrollment: Minimum: 8 Maximum: 30

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 \$54 / Grad Student & Domestic Partner \$67 / Dartmouth & DHMC Employee \$87 / Public \$106 / Senior Citizen (65 years and older) \$80
Enrollment: Minimum: 8 Maximum: 30

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 \$53 / Grad Student & Domestic Partner \$96 / Dartmouth & DHMC Employee \$110 / Public \$123/ Senior Citizen (65 years and older) \$84
Enrollment: Minimum: 8 Maximum: 25

VINYASA FLOW cultivate strength, flexibility, and ease as you learn to move mindfully through postures (asanas). Explore traditional and creative sequences focused on proper alignment and linking breath to movement. This class offers modifications for all levels, allowing you to practice at your own pace and challenge yourself.

T/TH 5:00 - 6:15 pm Alumni Gym Room 181 Natalie Jung
Cost: Students-\$115 / Grad Student & Domestic Partner \$138 / Dartmouth College & DHMC Employees-\$175 / Public-\$220
Enrollment: Minimum: 8 Maximum: 30

VINYASA YOGA A fun and welcoming one hour Vinyasa Yoga Class which combines elements of power yoga and restorative practice. It will focus on meditation, strength building, flexibility, and release, by incorporating energizing sun salutations, breath work, and asanas in an environment of meditation in motion. Suitable for all levels, students are encouraged to take the class at their own pace and find their own flow.

T/TH 12:30 - 1:30 pm Alumni Gym Room 181 Olivia Fine

Cost: Students-\$85 / Grad Student & Domestic Partner \$103 / Dartmouth College & DHMC Employees-\$132 / Public-\$165

Enrollment: Minimum: 8 Maximum: 30

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 6:00-7:00am Zimmerman Fitness Center Bernie Hils **CLASS LIMIT 15.**

Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$75 / Dartmouth & DHMC Employee \$91 / Public \$114

Enrollment: Minimum: 8 Maximum: 15

T/TH 12:10-1:00pm Zimmerman Fitness Center Bernie Hils **CLASS LIMIT 15.**

Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$75 / Dartmouth & DHMC Employee \$91 / Public \$114

Enrollment: Minimum: 8 Maximum: 15

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 4:30 – 5:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau/Kathryn Kelly

Cost: Dartmouth Student \$76 / Grad Student & Domestic Partner \$95 / Dartmouth College & DHMC

Employee \$123 / Public \$153 / Senior Citizen (65 years and older) \$90

Enrollment: Minimum: 8 Maximum: 35

T/TH 5:30 – 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau/Kathryn Kelly

Cost: Dartmouth Student \$76 / Grad Student & Domestic Partner \$95 / Dartmouth College & DHMC

Employee \$123 / Public \$153 / Senior Citizen (65 years and older) \$90

Enrollment: Minimum: 8 Maximum: 35

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. **8 WEEKS ONLY END AUGUST 14, 2019.**

M/W 5:30 - 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau

Cost: Dartmouth Student \$76 / Grad Student & Domestic Partner \$76 / Dartmouth College & DHMC

Employee \$98 / Public \$123 / Senior Citizen (65 years and older) \$72

Enrollment: Minimum: 8 Maximum: 35