

FLIP GENERAL FITNESS CLASSES WINTER 2019 JANUARY 7, 2019 – MARCH 15, 2019

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.

M/W 5:15 - 6:15 pm Alumni Gym Manley 088 Mora Cantlin/Kate Adams
Cost: Students - \$82 / Grad Student & Domestic Partner - \$102 / Dartmouth College & DHMC Employee - \$137 / Public - \$155
Enrollment: Minimum: 10 Maximum: 25

DANCE –BALLROOM INTERMEDIATE will focus on waltz and foxtrot. Participants should be familiar with the basics of these two dances. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. Ends March 7, 2019**

Thursdays 7:00 - 8:00 pm Alumni Gym Pool View 126/127 Jamie Orr
Cost: Students - \$31 / Grad Student & Domestic Partner \$56 / Dartmouth College & DHMC Employees - \$58 / Public - \$72
Enrollment: Minimum: 12 Maximum: 35

DANCE – EAST COAST SWING INTERMEDIATE will focus on the most popular style of swing. Participants should be familiar with the basics of this dance. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. Ends March 7, 2019**

Thursdays 8:00 - 9:00 pm Alumni Gym PoolView 126/127 Jamie Orr
Cost: Students - \$31 / Grad Student & Domestic Partner \$56 / Dartmouth College & DHMC Employees - \$58 / Public - \$72
Enrollment: Minimum: 12 Maximum: 35

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

M/W 12:00 pm – 1:00 pm Alumni Gym Manley 88 Jamie Orr
Cost: Students - \$61 / Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees - \$152 / Public - \$182
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 - 8:05 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

DANCE –NIGHTCLUB 2-STEP BEGINNER was popularized in California in the 1980s and is suitable for slow music. It is one of the easier couples dances to learn. The class starts at an introductory level. No partner required. Please carry in clean shoes. **9 WEEKS ONLY. Ends March 5, 2019**

Tuesdays 7:00 - 8:00 pm Alumni Gym Pool View 126/127 Jamie Orr
Cost: Students - \$31 / Grad Student & Domestic Partner \$56 / Dartmouth College & DHMC Employees - \$58 / Public - \$72
Enrollment: Minimum: 12 Maximum: 35

DANCE –WEST COAST SWING BEGINNER is a contemporary swing style 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.
9 WEEKS ONLY. Ends March 5, 2019.

Tuesdays 8:00 - 9:00 pm Alumni Gym PoolView 126\127 Jamie Orr
Cost: Students - \$31 / Grad Student & Domestic Partner \$56 / Dartmouth College & DHMC Employees - \$58 / Public - \$72
Enrollment: Minimum: 12 Maximum: 35

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/F 5:30 - 6:30 pm West Gym Track Theresa Hernandez
Cost: Dartmouth Student \$80 / Grad Student & Domestic Partner \$117 / Dartmouth & DHMC Employee \$140 / Public \$171 / Senior Citizen (65 years and older) \$114
Enrollment: Minimum: 10 Maximum: 25

M/TH 12:00 pm - 1:00 pm West Gym Track Jonathan Dame, NSCA-CSCS
Cost: Dartmouth Student \$56 / Grad Student & Domestic Partner \$78 / Dartmouth & DHMC Employee \$103 / Public \$127/ Senior Citizen (65 years and older) \$84
Enrollment: Minimum: 10 Maximum: 30

TU/TH 5:15 - 6:15 pm West Gym Track Debra Grabill
Cost: Dartmouth Student \$56 / Grad Student & Domestic Partner \$78 / Dartmouth & DHMC Employee \$103 / Public \$127 / Senior Citizen (65 years and older) \$84
Enrollment: Minimum: 10 Maximum: 25

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 ENDS FEBRUARY 28, 2019.

TU/TH 11:00 am - 12:00 pm Alumni Gym Manley 088 Carolyn Hooper Goetinck
Cost: Dartmouth College & DHMC Employees-\$122 / Public-\$143
Enrollment: Minimum: 9 Maximum: 25

HIIT FIT EXPRESS Get out first thing 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!

M /W 8:45-9:30am Zimmerman Fitness Center Wendi Reuter-Lorenz
Cost: Students - \$76 / Grad Student & Domestic Partner - \$86 / Dartmouth College & DHMC Employee - \$112 / Public - \$139
Enrollment: Minimum: 10 Maximum: 20

KARDIO KONDITONING 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/F 8:10- 9:00 am Alumni Gym Manley 88 Sue Darling
Cost: Dartmouth Student \$86 / Grad Student & Domestic Partner \$125 / Dartmouth & DHMC Employee \$131 / Public \$164
Enrollment: Minimum: 10 Maximum: 30

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.**

T/TH 7:30 – 8:30 pm Alumni Gym MP 182 Nicholas Bramlage
Cost: Student - \$80 / Grad Student & Domestic Partner \$101 / Dartmouth & DHMC Employee - \$131 / Public - \$164
Enrollment: Minimum: 8 Maximum: 30

MARTIAL ARTS - JUJITSU / AIKIDO / IAIDO teach the concepts and training method of the Japanese martial arts of Jujitsu (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.aikibudoin.com/>

M/W/F 6:00 - 8:00 pm Alumni Gym MP Room 182 Eric Bivona
Cost: Student-\$80 / Grad Student & Domestic Partner \$101 / Dartmouth & DHMC Employee-\$131 / Public-\$164
Enrollment: Minimum: 5 Maximum: 30

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. **9 WEEKS ENDS MARCH 6, 2019.**

M/W (Beginner) 4:00 - 5:00 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

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 term by learning the 5 basic principles of Pilates. Then we build all the exercises based upon those principles. By the end of the term 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.

T/TH (Intermediate) 4:30 - 5:30 pm Alumni Gym Manley 086 Maryam Paydarfar
Cost: Students-\$76 / Grad Student & Domestic Partner \$86 / Dartmouth College & DHMC Employees-\$112 / Public-\$139
Enrollment: Minimum: 8 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. **9 WEEKS ENDS MARCH 6, 2019**

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

ROWING - ADVANCED Indoor rowing in the tanks for experienced adult rowers. Focus is on maintaining and improving rowing fitness.

M-W-F 6:00 am - 7:00 am Alumni Gym Tanks Krystal Melendez
Cost: Dartmouth College & DHMC Staff - \$140 / Public-\$178

M-W-F 7:00 am - 8:00 am Alumni Gym Tanks Krystal Melendez
Cost: Dartmouth College & DHMC Staff - \$140 / Public-\$178

ROWING JUNIOR Indoor rowing in the tanks for high school rowers with at least one season of rowing experience. A mix of technique and endurance.

TU / TH 6:00 am - 7:00 am Alumni Gym Tanks Rowan Carroll/Peter Kermond
Cost: High School Students - \$150

ROWING INTERMEDIATE Indoor rowing in the tanks for experienced adult rowers. Focus is on improving technique and fitness and is less endurance based than the morning session.

MWF 12:00 pm – 1:00 pm Alumni Gym Tanks Liz Harrison
Cost: Dartmouth College & DHMC Staff - \$140 / Public - \$178

ROWING NOVICE - Indoor rowing in the tanks for beginner adult rowers. Focus is on improving technique and improving fitness for rowing.

TU / TH 12 – 1 pm Alumni Gym Tanks Carin Reynolds
Cost: Dartmouth College & DHMC Staff - \$98 / Public - \$130

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/F 6:50-7:40 am Spinning Room Amy Mitson/Rachel Inman
 Cost: Students-\$95 / Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees-\$155 / Public-\$193
Enrollment: Minimum: 8 Maximum: 20

M/W/F 12:10-1:00 pm Spinning Room Bernie Hils/Wendi Reuter Lorenz
 Cost: Students-\$95 / Grad Student & Domestic Partner \$123 / Dartmouth College & DHMC Employees-\$155 / Public-\$193
Enrollment: Minimum: 8 Maximum: 20

M/W 5:15-6:15 pm Spinning Room Kristen Knutzen
 Cost: Students-\$75 / Grad Student & Domestic Partner \$87 / Dartmouth College & DHMC Employees-\$113 / Public-\$141
Enrollment: Minimum: 8 Maximum: 20

M/W 6:40-7:30 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 5:45-6:35 am Spinning Room Becky Rice-Mesec
 Cost: Students-\$75 / Grad Student & Domestic Partner \$87 / Dartmouth College & DHMC Employees-\$113 / Public-\$141
Enrollment: Minimum: 8 Maximum: 20

T/TH 4:30-5:15 pm Spinning Room Maria Borowy
 Cost: Students-\$75 / Grad Student & Domestic Partner \$87 / Dartmouth College & DHMC Employees-\$113 / Public-\$141
Enrollment: Minimum: 8 Maximum: 20

T/TH 5:20-6:10 pm Spinning Room Gregorio Amaro
 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.

M/W/F 8:30- 9:45 am Fitness Center Bernie Hils
 Cost: Dartmouth Student \$95 / Grad Student & Domestic Partner \$120 / Dartmouth & DHMC Employee \$158 / Public \$188 / Senior Citizen (65 years and older) \$133
Enrollment: Minimum: 8 Maximum: 25

M/W 4:15 -5:30 pm Fitness Center Mezzanine Jolin Salazar-Kish
8 WEEKS ONLY. ENDS FEBRUARY 27, 2019.
 Cost: Dartmouth Student \$54 / Grad Student & Domestic Partner \$85 / Dartmouth & DHMC Employee \$121 / Public \$136 / Senior Citizen (65 years and older) \$85
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) \$100
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

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.

M/W (**Level 1**) 12:10-1:00 pm Alumni Gym Poolview 126/127 Claudia Henrion/John Lee
Cost: Students-\$76 / Grad Student & Domestic Partner \$112 / Dartmouth College & DHMC Employees-\$131 / Public-\$164
Enrollment: Minimum: 8 Maximum: 25 – CLASS BEGINS JANUARY 9, 2019.

T/TH (**Level 1.5**) 12:10-1:00 pm Alumni Gym Manley Room 87 John Kemp Lee
Cost: Students-\$76/ Grad Student & Domestic Partner \$112 / Dartmouth College & DHMC Employees-\$131 / Public-\$164
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.
Enrollment: Minimum: 8 Maximum: 25

T/TH (**Level 2**) 12:10-1:00 pm Alumni Gym Manley Room 88 Claudia Henrion
Cost: Students-\$76 / Grad Student & Domestic Partner \$112 / Dartmouth College & DHMC Employees-\$131 / Public-\$164
Enrollment: Minimum: 8 Maximum: 25

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 \$84 / Dartmouth & DHMC Employee \$87 / Public \$106 / Senior Citizen (65 years and older) \$80
Enrollment: Minimum: 8 Maximum: 30

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 \$95 / Grad Student & Domestic Partner \$123 / Dartmouth & DHMC Employee \$155 / Public \$193
Enrollment: Minimum: 10 Maximum: 20

TU/TH **Z/HIIT** 6:00-7:00 am Zimmerman Fitness Center Bernie Hils
Cost: Dartmouth Student \$62 / Grad Student & Domestic Partner \$75/ Dartmouth & DHMC Employee \$91 / Public \$114
Enrollment: Minimum: 8 Maximum: 15

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.

T/TH 5:45-7:30 am Fitness Center/Spaulding Pool Nancy Connolley/ Becky Rice-Mesec
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

YOGA – EARLY MORNING YOGA a foundational practice built to align the body, mind, and spirit through poses, breath work and relaxation. A great way to start your day – accessible to all.

M/W 7:00 am - 8:00 am Alumni Gym MP 181 Mary Howell
Cost: Students-\$97 / Grad Student & Domestic Partner \$128 / Dartmouth College & DHMC Employees-\$164 / Public-\$206
Enrollment: Minimum: 8 Maximum: 30

YOGA – HATHA YOGA A lively and fun one hour yoga class featuring classic yoga poses known as asanas. Tension is relieved as your body extends in lateral standing poses, is squeezed in gentle twists and releases into relaxation poses. Specific instruction is offered with safety, correct alignment and adaptation to each individual in mind. Basic yoga breathing and centering exercises are introduced. This class is suitable for all levels: beginners and continuing students. **8 weeks only. Ends February 28, 2019.**

TU/TH 6:15 pm - 7:15 pm Alumni Gym MP 181 Kathy Jastrzembski
Cost: Students-\$97 / Grad Student & Domestic Partner \$128 / Dartmouth College & DHMC Employees-\$164 / Public-\$206
Enrollment: Minimum: 8 Maximum: 30

YOGA – POWER VINYASA with an energizing playlist, this class will strengthen your mind and body through a vigorous flow. By connecting breath to posture, the flow will balance and challenge you as you build strength, endurance, and body awareness. It is great for all levels as more challenging poses, as well as modifications will be offered. **8 weeks only. Ends February 27, 2019.**

M/W 3:45 pm - 4:45 pm Alumni Gym MP 181 Emma Miller
Cost: Students-\$97 / Grad Student & Domestic Partner \$102 / Dartmouth College & DHMC Employees-\$130 / Public-\$164
Enrollment: Minimum: 8 Maximum: 30

YOGA – RENEW & RESTORE renew and restore your mind and body - A combination of gentle movement aligning the body, mind and spirit as well as a practice using props (bolsters, blocks, blankets etc.) to set up in restorative postures for long holds - intended to calm your nervous system & renew your energy source from the inside out - accessible to all.

M/W 5:00 - 6:00 pm Alumni Gym MP Room 181 Mary Howell
Cost: Students-\$97 / Grad Student & Domestic Partner \$128 / Dartmouth College & DHMC Employees-\$164 / Public-\$206
Enrollment: Minimum: 8 Maximum: 30

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.

M/W 8:30-9:45 am Alumni Gym Room 181 Mary Howell
Cost: Students-\$115 / Grad Student & Domestic Partner \$124 / Dartmouth College & DHMC Employees-\$170 / Public-\$195
Enrollment: Minimum: 8 Maximum: 30

M/W 12:00-1:00 pm Alumni Gym Room 181 & 182 Mary Howell
Cost: Students-\$97 / Grad Student & Domestic Partner \$128 / Dartmouth College & DHMC Employees-\$164 / Public-\$206
Enrollment: Minimum: 8 Maximum: 30

MYOGA – VINYASA FLOW In this Vinyasa yoga class, you will build both physical strength and mindfulness. Each thoughtfully crafted flow puts the meaning of yoga ("to join") to practice, connecting breath to movement through powerful sequences of yoga poses (asanas). The class will guide you in proper alignment in order for you to find strength, focus, stamina, and flexibility while having fun and staying healthy. This class is suitable for all levels, with modifications available to every student, allowing you to practice at your own level, account for injuries, and grow as a yoga student.

T/TH 4:45-6:00 pm Alumni Gym Room 181 Sarah Chapin
Cost: Students-\$138 / Grad Student & Domestic Partner \$138 / Dartmouth College & DHMC Employees-\$175 / Public-\$220
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 – 7:00 am 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 5:30 – 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau

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

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.

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

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