FLIP GENERAL FITNESS
CLASSES WINTER 2020
JANUARY 13, 2020 – MARCH 20, 2020

BARRE FUSION:

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.

8 WEEKS ONLY. ENDS MARCH 5, 2020.

M/W 5:15 - 6:15 pm Alumni Gym Manley 086 Kate Adams
Cost: Students - $70 / Grad Student & Domestic Partner - $91 / Dartmouth College & DHMC Employee - $112 / Public - $140

CARDIO CLASSES:

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/F 8:10- 9:00 am Alumni Gym Manley 88 Sue Darling
Cost: Dartmouth Student $82 / Grad Student & Domestic Partner $108 / Dartmouth & DHMC Employee $131 / Public $164

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! CLASS LIMIT 14.

TU/TH 12:10 – 1:00 pm Alumni Gym West Gym Main Court Bob Coppola
Cost: Grad Student & Domestic Partner $78 / Dartmouth & DHMC Employee $96 / Public $120

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 $101 / Dartmouth College & DHMC Employee $123 / Public $153 / Senior Citizen (65 years and older) $90

T/TH 4:30 – 5:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau
Cost: Dartmouth Student $76 / Grad Student & Domestic Partner $101 / Dartmouth College & DHMC Employee $123 / Public $153 / Senior Citizen (65 years and older) $90
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.

TU/TH 5:30 - 6:30 pm Alumni Gym Pool View 126/127 Evelyn Thibodeau
Cost: Dartmouth Student $76 / Grad Student & Domestic Partner $101 / Dartmouth College & DHMC Employee $123 / Public $153 / Senior Citizen (65 years and older) $90

DANCE CLASSES:

LINE DANCING Fun routines to a wide variety of music including, Salsa, Big Band, Hip Hop, Country, Show Tunes and more. No partner required. Although beginners are welcome, the class moves at a fast pace and experience in some form of dance or aerobics, Zumba, gymnastics, etc. is helpful.

M/W 12:00 pm – 1:00 pm Alumni Gym Manley 88 Jamie Orr
Cost: Students - $70 / Grad Student & Domestic Partner $120 / Dartmouth College & DHMC Employees - $152 / Public - $182

M/W 3:40 pm – 4:30 pm Alumni Gym Poolview 126/127 Jamie Orr
Cost: Students - $70 / Grad Student & Domestic Partner $102 / Dartmouth College & DHMC Employees - $117 / Public - $146

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 Alumni Gym Poolview 126/127 Marianne Handy Hraibi
Cost: Students - $106 \ Grad Student & Domestic Partner $128 / Dartmouth College & DHMC Employees - $158 \ Public - $194

SALSA BEGINNER This is one of the most popular dances worldwide. No partner required. Please carry in clean shoes. **8 WEEKS ONLY. ENDS MARCH 5, 2020.**

Thursday 7:00 - 8:00 pm Alumni Gym Pool View 126/127 Jamie Orr
Cost: Students - $35 / Grad Student & Domestic Partner $50 / Dartmouth College & DHMC Employees - $58 / Public - $72

WEST COAST SWING BEGINNER is a contemporary couples dance that can be done to pop, blues, country and more. No partner required. Please carry in clean shoes. **8 WEEKS ONLY. ENDS MARCH 5, 2020.**

Thursday 8:00 - 9:00 pm Alumni Gym Poolview 126/127 Jamie Orr
Cost: Students - $35 / Grad Student & Domestic Partner $50 / Dartmouth College & DHMC Employees - $58 / Public - $72
**HIGH INTENSITY INTERVAL CLASSES- HIIT:**

**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!

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<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
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<tbody>
<tr>
<td>M/W/F</td>
<td>5:30 - 6:30 pm</td>
<td>West Gym Track</td>
<td>Theresa Hernandez</td>
<td>Dartmouth Student $80 / Grad Student &amp; Domestic Partner $113 / Dartmouth &amp; DHMC Employee $140 / Public $171</td>
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<tr>
<td>M/TH</td>
<td>12:00 pm - 1:00 pm</td>
<td>West Gym Track</td>
<td>Jonathan Dame, NSCA-CSCS</td>
<td>Dartmouth Student $50 / Grad Student &amp; Domestic Partner $104 / Dartmouth &amp; DHMC Employee $128 / Public $160</td>
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**GET UP & GO – HIIT MORNING WORKOUT** Free weight and strength training meets cardio in this up-tempo fun-filled 45-minute class. Expect to develop muscle tone, increase metabolism, and build functional strength skills and abilities that will help you feel better from head to toe. All fitness levels are welcome and modifications are offered for every movement. Come enjoy a supportive and non-competitive environment as you work towards your individual goals.

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<tr>
<td>M/W/F</td>
<td>6:30 - 7:15 am</td>
<td>West Gym Track</td>
<td>Theresa Hernandez</td>
<td>Dartmouth Student - $80 / Grad Student &amp; Domestic Partner - $94 / Dartmouth College &amp; DHMC Employee - $125 / Public - $145</td>
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**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!

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<tr>
<td>M</td>
<td>3:25- 4:10pm</td>
<td>West Gym Track</td>
<td>Wendi Reuter-Lorenz</td>
<td>Dartmouth Student - $60 / Grad Student &amp; Domestic Partner - $78 / Dartmouth College &amp; DHMC Employee - $96 / Public - $120</td>
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**HIIT & HARMONY** (High Intensity plus Yoga) This class is a great combination of interval training and stretching which will leave you with a full body workout! The first half of the class uses timed intervals to work through 10 different workouts involving core, cardio and strength training. "Harmony" is where we incorporate stretching and restorative yoga into a 20-minute cool down focusing on breathing, flexibility and balance. This class is perfect for all fitness levels!

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<tr>
<td>TU /TH</td>
<td>5:15 - 6:05 pm</td>
<td>Alumni Gym Manley 086</td>
<td>Aimee Gonzalez</td>
<td>Dartmouth Student - $60 / Grad Student &amp; Domestic Partner - $78 / Dartmouth College &amp; DHMC Employee - $96 / Public - $120</td>
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**HIITHENICS** Come to this quick, intense, 45 minute class where you will burn fat, gain toned muscle, and improve your coordination through high intensity interval training (HIIT) and calisthenics. We will be using bodyweight exercises to ramp up our heart rates, tense our muscles, and get us in tune with our bodies

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<tr>
<td>T/TH</td>
<td>5:15 – 6:00 pm</td>
<td>West Gym Track</td>
<td>Max Krackow</td>
<td>Dartmouth Student $60 / Grad Student &amp; Domestic Partner $78 / Dartmouth &amp; DHMC Employee $96 / Public $120</td>
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**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.

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<tr>
<td>T/TH</td>
<td>6:30- 7:15 am</td>
<td>Alumni Gym Manley 088</td>
<td>Theresa Hernandez</td>
<td>Dartmouth Student $60 / Grad Student &amp; Domestic Partner $78 / Dartmouth &amp; DHMC Employee $96 / Public $120 / Senior Citizen (65 years and older) $80</td>
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**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 $60 / Grad Student & Domestic Partner $78 / Dartmouth & DHMC Employee $96 / Public $120

**T/TH 12:10-1:00pm Zimmerman Fitness Center Bernie Hils CLASS LIMIT 15.**
Cost: Dartmouth Student $60 / Grad Student & Domestic Partner $78 / Dartmouth & DHMC Employee $96 / Public $120

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**MARTIAL ARTS CLASSES:**

**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. **8 WEEKS ONLY. ENDS MARCH 5, 2020.**

**T/TH 7:30 – 8:30 pm Alumni Gym MP 182 Nicholas Bramlage**
Cost: Student - $75 / Grad Student & Domestic Partner - $108 / Dartmouth College & DHMC Employee - $131 / Public - $164

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**MEDITATION CLASSES:**

**MEDITATION 101** Calm your mind, settle your body and find a softer focus to your day. No experience necessary. Classes will incorporate yogic elements of breath and motion alongside other meditative traditions such as mantra (japa) meditation, loving kindness (metta) meditation, and yoga nidra (yogic sleep). Come with an open mind and an open heart!

**T/TH 4:30-5:15pm Alumni Gym Manley 86 Kate Kucharczuk**
Cost: Students $50 / Grad Student & Domestic Partner - $78 / Dartmouth College & DHMC Employee - $96 / Public - $120
**PILATES CLASSES:**

**PILATES – 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 your feeling pumped!

M/W 12:10-12:55pm  MP Room 182  Wendi Reuter-Lorenz
Cost:  Students - $60 / Grad Student & Domestic Partner - $78 / Dartmouth College & DHMC Employee - $96 / Public - $120

**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. **8 WEEKS ONLY. ENDS MARCH 4, 2020.**

M/W (Beginner) 4:25 - 5:15 pm  Alumni Gym MP Room 182  Naomi Thorngren
Cost:  Students-$70/ Grad Student & Domestic Partner $78 / Dartmouth College & DHMC Employees-$96 / Public-$120

**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 MP 182  Maryam Paydarfar
Cost:  Students-$60 / Grad Student & Domestic Partner $92 / Dartmouth College & DHMC Employees-$112 / Public-$139

**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) 5:20 - 6:10 pm  Alumni Gym MP Room 182  Naomi Thorngren
Cost:  Students-$60 / Grad Student & Domestic Partner $92 / Dartmouth College & DHMC Employees-$112 / Public-$139
ROWING CLASSES:

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  Linda Muri
Cost: Dartmouth College & DHMC Staff - $140 / Public-$178

M-W-F  7:00 am - 8:00 am  Alumni Gym Tanks  Linda Muri
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 CLASSES:**

**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.**

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<th>Time</th>
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<th>Room</th>
<th>Cost</th>
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<tr>
<td>M/W/F 6:00-7:00 am</td>
<td>Spin/Strength/Abs</td>
<td>Bernie Hils</td>
<td>Students-$95 / Grad Student &amp; Domestic Partner $127 / Dartmouth College &amp; DHMC Employees-$155 / Public-$193</td>
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<tr>
<td>M/W 6:50-7:40 am</td>
<td>Spinning Room</td>
<td>Amy Mitson</td>
<td>Students-$70 / Grad Student &amp; Domestic Partner $93 / Dartmouth College &amp; DHMC Employees-$113 / Public-$141</td>
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<tr>
<td>M/W/F 12:10-1:00 pm</td>
<td>Spinning Room</td>
<td>Bernie Hils/Wendi Reuter Lorenz</td>
<td>Students-$95 / Grad Student &amp; Domestic Partner $127 / Dartmouth College &amp; DHMC Employees-$155 / Public-$193</td>
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<tr>
<td>M/W 5:15-6:15 pm</td>
<td>Spinning Room</td>
<td>Kristin Knutzen</td>
<td>Students-$70 / Grad Student &amp; Domestic Partner $93 / Dartmouth College &amp; DHMC Employees-$113 / Public-$141</td>
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<tr>
<td>M/W 6:20-7:10 pm</td>
<td>Spinning Room</td>
<td>Sue Darling</td>
<td>Students-$70 / Grad Student &amp; Domestic Partner $78 / Dartmouth College &amp; DHMC Employees-$90 / Public-$115</td>
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<tr>
<td>T/TH 5:45-6:35 am</td>
<td>Spinning Room</td>
<td>Becky Rice-Mesec/Dawn Carey</td>
<td>Dartmouth College &amp; DHMC Employees-$115 / Public-$143</td>
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<tr>
<td>T/TH 4:40 -5:25 pm</td>
<td>Spinning Room</td>
<td>Debra Grabill</td>
<td>Students-$70 / Grad Student &amp; Domestic Partner $93 / Dartmouth College &amp; DHMC Employees-$113 / Public-$141</td>
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<tr>
<td>T/TH 5:30 - 6:20 pm</td>
<td>Spinning Room</td>
<td>Gregorio Amaro</td>
<td>Students-$70 / Grad Student &amp; Domestic Partner $93 / Dartmouth College &amp; DHMC Employees-$113 / Public-$141</td>
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**STRENGTH & CONDITIONING CLASSES:**

**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 ONLY. ENDS MARCH 5, 2020.**

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<tr>
<td>TU/TH 11:00 am - 12:00 pm</td>
<td>Alumni Gym Manley 088</td>
<td>Carolyn Hooper Goetinck</td>
<td>Dartmouth College &amp; DHMC Employees-$115 / Public-$143</td>
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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 MARCH 4, 2020.**

M/W 8:30- 9:45 am Fitness Center Bernie Hils  
Cost: Dartmouth Student $70 / Grad Student & Domestic Partner $96 / Dartmouth & DHMC Employee $117 / Public $146 / Senior Citizen (65 years and older) $85

M/W 4:30 -5:30 pm Fitness Center Mezzanine Jolin Salazar-Kish  
Cost: Dartmouth Student $60 / Grad Student & Domestic Partner $90 / Dartmouth & DHMC Employee $111 / Public $136 / Senior Citizen (65 years and older) $85

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

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 $80 / Grad Student & Domestic Partner $108 / Dartmouth & DHMC Employee $131 / Public $164 / Senior Citizen (65 years and older) $112

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- 1:00 pm Alumni Gym Pool View 126/127 Hugh Mellert  
Cost: Dartmouth Student $54 / Grad Student & Domestic Partner $70 / Dartmouth & DHMC Employee $87 / Public $106 / Senior Citizen (65 years and older) $80

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 5:45-7:10 am Fitness Center/Spaulding Pool Nancy Connolley/ Becky Rice-Mesec  
Cost: Dartmouth Student $65 / Grad Student & Domestic Partner $86 / Dartmouth & DHMC Employee $106 / Public $132 / Senior Citizen (65 years and older) $90
T’AI CHI CHUAN CLASSES:

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. **9 WEEKS ONLY.**

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 $120 / Dartmouth College & DHMC Employees-$150 / Public-$185

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 $120 / Dartmouth College & DHMC Employees-$150 / Public-$185  
*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: Students-$76 / Grad Student & Domestic Partner $120 / Dartmouth College & DHMC Employees-$150 / Public-$185

YOGA CLASSES:

YOGA – HATHA is a comprehensive practice of classic yoga poses. Basic yoga breathing, centering and relaxation techniques are introduced. The class is suitable for beginners and continuing level students. Poses are taught with safety, correct alignment and adaptation to the needs of individuals in mind. This lively and fun class includes detailed instruction in individual asanas as well as vinyasa, which links the yoga poses together into flowing sequences. **8 WEEKS ONLY ENDS MARCH 5, 2020.**

M/W 12:00-1:00 pm  
Alumni Gym Room 181 & 182  
Kathy Jastrzembski  
Cost: Students-$65 / Grad Student & Domestic Partner $90 / Dartmouth College & DHMC Employees-$105 / Public-$132

T/TH 5:15 pm - 6:15 pm  
Alumni Gym MP 181  
Kathy Jastrzembski  
Cost: Students-$65 / Grad Student & Domestic Partner $90 / Dartmouth College & DHMC Employees-$105 / Public-$132

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.

TU/TH 7:00 am - 8:00 am  
Alumni Gym MP 181  
Mary Howell  
Cost: Students-$65 / Grad Student & Domestic Partner $103 / Dartmouth College & DHMC Employees-$121 / Public-$148

YOGA – HAPPY HOUR Join us for a quick hour of vinyasa FLOW! We'll jump into the unique approach in the Vinyasa (flowing) style to the ancient practice of hatha yoga with elements of Ashaya® method of aligning both the body and heart-when we align, we are HAPPY! Awareness of the breath, the flow of movement through the poses, and precise alignment will be the focus of the course with a deep connection to aligning the body, mind and spirit on the mat as well as off the mat. This is a mixed level class. **8 WEEKS ONLY ENDS MARCH 5, 2020.**

M/W 4:15 - 5:15 pm  
Alumni Gym Room 181  
Mary Howell  
Cost: Students-$65 / Grad Student & Domestic Partner $90 / Dartmouth College & DHMC Employees-$105 / Public-$132

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. A great compliment to a vigorous athletic workout. **8 WEEKS ONLY ENDS MARCH 5, 2020.**

M/W 5:30 - 6:30 pm  
Alumni Gym MP Room 181  
Mary Howell  
Cost: Students-$65 / Grad Student & Domestic Partner $90 / Dartmouth College & DHMC Employees-$105 / Public-$132