

Group Exercise Schedule

Dartmouth YMCA Group Exercise Schedule starting 2/22/2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--------|----------|--------|
| 9:30am-10:30am Pilates Instructor: Serena | 8:00am-9:00am Yoga Instructor: Juliet | 8:30am-9:30am Yoga Instructor: Stephanie | 9:30am-10:30am Yoga Instructor: Sy | | | |
| | 9:30am-10:30am Kickboxing Instructor: Steve | | 6:00pm-7:00pm Zumba Instructor: Laura | | | |
| | 6:00pm-7:00pm Zumba Instructor: Serena | | | | | |
| | 7:00pm-8:00pm Pilates Instructor: Serena | | | | | |
| | | | | | | |

Pro
gra
m

Fees:

Members: Free

Seniors: \$5.00 per session

General Public: \$7.00 per session

Purchase a wellness card good for 10 visits for only \$40.00

****CHILDCARE AVAILIABLE UPON REQUEST AGES 3 & UP/\$3.00 per hour****