



DARTMOUTH YMCA GROUP EXERCISE

EFFECTIVE: May 21—June 18

Updated 5.18.17

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|
| BOOT CAMP 6:00-6:45am <i>Multi-Purpose Room</i> Danielle | YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Juliet | BOOT CAMP 6:00-6:45am <i>Multi-Purpose Room</i> Danielle | BEGINNERS YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Stephanie | BOOT CAMP 6:00-6:45am <i>Multi-Purpose Room</i> Danielle | EXPRESS YOGA 7:00-7:55am <i>Multi-Purpose Room</i> Sy |
| BEGINNERS YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Stephanie | HEALTHY HEART 10:00-10:45am <i>PIA Fitness Center</i> Sy | YOGA 8:30-9:45am <i>Multi-Purpose Room</i> Stephanie | CHAIR YOGA 10:00-10:45am <i>Multi-Purpose Room</i> Sy | YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Sy | EVERY-AGE STRETCH 11:00-11:45am <i>Multi-Purpose Room</i> Candee |
| CHAIR YOGA 10:00-10:45am <i>Multi-Purpose Room</i> Sy | ZUMBA/ZUMBA TONING 6:00-6:55pm <i>Multi-Purpose Room</i> Tess | EVERY-AGE STRETCH 10:00-10:45am <i>Multi-Purpose Room</i> Candee | ZUMBA/ZUMBA TONING 11:00am-12:00pm <i>Multi-Purpose Room</i> Jacqui | EVERY-AGE STRETCH 10:00-10:45am <i>Multi-Purpose Room</i> Candee | |
| ZUMBA/ZUMBA TONING 11:00am-12:00pm <i>Multi-Purpose Room</i> Jacqui | | BARRE 11:00am-12:00pm <i>Multi-Purpose Room</i> Jacqui | ZUMBA/ZUMBA TONING 6:00-6:55pm <i>Multi-Purpose Room</i> Tess | BARRE 11:00-12:00pm <i>Multi-Purpose Room</i> Jacqui | |

DARTMOUTH YMCA
 276 Gulf Rd. Dartmouth, MA
 508.993.3361
 Executive Director: Mike Mahoney
mmahoney@ymcasouthcoast.org

CHILD WATCH HOURS
 MON-FRI: 8:30-10:30am
 TUES/THURS: 6:00-8:15pm
 Ages: 6mos—6 years

CIZE
 6:00-7:00pm
Multi-Purpose Room
 Nicole