



DARTMOUTH YMCA GROUP EXERCISE

EFFECTIVE: January 7th – February 15th

Updated 1.1.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP 6:00-6:45am <i>Multi-Purpose Room</i> Liz	Intermediate YOGA 6:00-6:55 am <i>Multi-Purpose Room</i> Sarah	BOOT CAMP 6:00-6:45am <i>Multi-Purpose Room</i> Liz	Intermediate YOGA 6:00-6:55 am <i>Multi-Purpose Room</i> Sarah	BOOT CAMP 6:00-6:45am <i>Multi-Purpose Room</i> Liz	YOGA 8:00-9:00am <i>Conference Room</i> Tiffany
Intermediate YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Sarah	Intermediate YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Sarah	YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Stephanie	YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Stephanie	Intermediate YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Sy	
CHAIR YOGA 10:00-10:45am <i>Multi-Purpose Room</i> Sy	PILATES MAT 9:30-10:30am <i>Multi-Purpose Room</i> Shannon	EVERY-AGE STRETCH 10:00-10:45am <i>Multi-Purpose Room</i> Candee	CHAIR YOGA 10:00-10:45am <i>Multi-Purpose Room</i> Sarah	EVERY-AGE STRETCH 10:00-10:45am <i>Multi-Purpose Room</i> Candee	
BARRE 11:00-12:00pm <i>Multi-Purpose Room</i> Jacqui	CHAIR YOGA 10:00-10:45 am <i>Conference Room</i> Sarah	BARRE 11:00-12:00pm <i>Multi-Purpose Room</i> Genia	ZUMBA GOLD/TONING 11:00-12:00pm <i>Multi-Purpose Room</i> Jacqui	BARRE 11:00-12:00pm <i>Multi-Purpose Room</i> Jacqui	
	MINDFUL MEDITATION 6:00-6:30pm <i>Multi-Purpose Room</i> Cheryl		YOGA 6:00-7:00pm <i>Multi-Purpose Room</i> Eileen	<div data-bbox="1079 1459 1510 1690" style="background-color: #800080; color: white; padding: 10px; border-radius: 15px;"> <p>DARTMOUTH YMCA 276 Gulf Rd. Dartmouth, MA 508.993.3361</p> <p>Rochelle Whalen Membership & Program Director rwhalen@ymcasc.org</p> </div>	
	YOGA 6:30-7:30pm <i>Multi-Purpose Room</i> Cheryl				

Facility Hours
 Monday-Friday
 6:00 AM-8:00 PM
 Saturday
 8:00 am – 2:00 pm
 Sunday
 8:00 am – 12:00 pm

Child Watch Hours
 Monday-Friday
 8:30-10:30 am
 Tuesday/Thursday
 6:00 pm-8:00 pm