



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 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

GROUP EXERCISE CLASS DESCRIPTIONS

BARRE: Combines pilates, yoga and ballet moves that will both lengthen and strengthen muscles to develop a lean, sculpted physique.

BOOT CAMP: Open format program that focuses on calisthenics, body weight exercises and cardio.

CHAIR YOGA: Think of the Chair as a very large yoga block. Yoga poses are adapted through creative use of the chair to work on breathing, balance, and self-awareness. Poses are performed both seated and standing using the chair for support. This class is suitable for all ages and fitness levels.

EVERY-AGE STRETCH: Based on the fitness technique Essentrics, this class will feature a full body workout touching on balance, strength and stretching exercises, both standing and using a chair.

YOGA (including BEGINNER): combination of dynamic postures which help to develop balance, coordination, flexibility and strength. With the added relaxation techniques and mindful meditation, you will come away feeling refreshed. These classes are appropriate for all ages and fitness levels.

Intermediate YOGA: This is a Hatha Yoga class for students that want build balance, flexibility, coordination, and strength. Varying sequences are performed each week. The class does include savasana. This class is suitable for experienced yoga students.

PILATES MAT: An efficient and effective mat based workout focused on building core strength and balanced muscle development. You will flow through a series of exercises that both stretch and strengthen your whole body, and are performed with precision, control and mindful breathing. This class, teaching the introductory repertoire of Pilates mat exercises, will be approachable to newcomers while still challenging more advanced enthusiasts.

STRETCH & STRENGTHEN: Based on somatic approaches to movement (movement analysis, anatomy, and sensation), a gentle and constructive way to learn to listen to your own movement in order to not just do it, but to feel it, in order to develop a healthy autonomous path to self-awareness and long-term fitness.

MINDFULNESS : This class is designed to help you learn and practice mindful meditation and to assist you in developing your own personal practice.

POUND: Created by two female drummers, the POUND workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.

Zumba Gold® is a fun way to shape up and get fit! It is a Latin-inspired dance fitness party, tailored to active older adults, or anyone who is a beginner to Zumba®. The class is high energy and low impact. A variety of rhythms are featured including merengue, salsa, cumbia, flamenco, and world rhythms. There is a focus on improving range of motion, balance and stability, and posture. This is a great cardio workout that is easy-to-follow and enjoy!