



DARTMOUTH YMCA GROUP EXERCISE

EFFECTIVE: February 25th – April 13th

Updated 2.20.19

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>Multi-Purpose Room</i> Tiffany
Stretch & Strengthen 8:00-9:00am <i>Conference Room</i> Lila	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	YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Eileen	
Intermediate YOGA 8:30-9:30am <i>Multi-Purpose Room</i> Sarah	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> Sy	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	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	
BARRE 11:00-12:00pm <i>Multi-Purpose Room</i> Jacqui	YOGA 6:00-7:00pm <i>Multi-Purpose Room</i> Cheryl		YOGA 6:00-7:00pm <i>Multi-Purpose Room</i> Eileen		
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		
			POUND 7:00-7:45pm <i>Multi-Purpose Room</i> Alyssa	DARTMOUTH YMCA 276 Gulf Rd. Dartmouth, MA 508.993.3361 Rochelle Whalen Membership & Program Director rwhalen@ymcasc.org	