



# DARTMOUTH YMCA GROUP EXERCISE

EFFECTIVE: April 29th– June 16th

Updated 4.25.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP</b> 6:00–6:45am <i>Multi-Purpose Room</i> Liz	<b>Intermediate YOGA</b> 6:00–6:55 am <i>Multi-Purpose Room</i> Sarah	<b>BOOT CAMP</b> 6:00–6:45am <i>Multi-Purpose Room</i> Liz	<b>Intermediate YOGA</b> 6:00–6:55 am <i>Multi-Purpose Room</i> Sarah	<b>BOOT CAMP</b> 6:00–6:45am <i>Multi-Purpose Room</i> Liz	<b>YOGA</b> 8:00–9:00am <i>Multi-Purpose Room</i> Tiffany
<b>Stretch &amp; Strengthen</b> 8:00–9:00am <i>Conference Room</i> Lila	<b>Intermediate YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Sarah	<b>Stretch &amp; Strengthen</b> 8:00–9:00am <i>Conference Room</i> Lila <b>**starts 5/1**</b>	<b>YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Stephanie	<b>YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Eileen	
<b>Intermediate YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Sarah	<b>PILATES MAT</b> 9:30–10:30am <i>Multi-Purpose Room</i> Shannon	<b>YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Stephanie	<b>PILATES MAT</b> 9:30–10:30am <i>Multi-Purpose Room</i> Shannon <b>**starts 5/2**</b>	<b>EVERY-AGE STRETCH</b> 10:00–10:45am <i>Multi-Purpose Room</i> Candee	
<b>CHAIR YOGA</b> 10:00–10:45am <i>Multi-Purpose Room</i> Sarah	<b>CHAIR YOGA</b> 10:30–11:15 am <i>Multi-Purpose Room</i> Sarah	<b>EVERY-AGE STRETCH</b> 10:00–10:45am <i>Multi-Purpose Room</i> Candee	<b>CHAIR YOGA</b> 10:30–11:15am <i>Multi-Purpose Room</i> Sy <b>*new time as of 5/2*</b>	<b>BARRE</b> 11:00–12:00pm <i>Multi-Purpose Room</i> Jacqui	
<b>BARRE</b> 11:00–12:00pm <i>Multi-Purpose Room</i> Jacqui	<b>Friends Need Friends</b> 11:00–12:00pm <i>Conference Room</i> All are welcome!	<b>BARRE</b> 11:00–12:00pm <i>Multi-Purpose Room</i> Genia	<b>ZUMBA GOLD</b> 11:30–12:30pm <i>Multi-Purpose Room</i> Jacqui <b>*new time as of 5/2*</b>		
	<b>YOGA</b> 6:00–7:00pm <i>Multi-Purpose Room</i> Cheryl		<b>YOGA</b> 6:00–7:00pm <i>Multi-Purpose Room</i> Eileen		
			<b>POUND</b> 7:00–7:45pm <i>Multi-Purpose Room</i> Alyssa		

**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

**DARTMOUTH YMCA**

276 Gulf Rd. Dartmouth, MA  
508.993.3361

Rochelle Whalen  
Membership & Program Director  
rwhalen@ymcasc.org