



# DARTMOUTH YMCA GROUP EXERCISE

EFFECTIVE: March 16—April 22

Updated 3.16.17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP</b> 6:00–6:45am <i>Multi-Purpose Room</i> Danielle	<b>YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Juliet	<b>BOOT CAMP</b> 6:00–6:45am <i>Multi-Purpose Room</i> Danielle	<b>BEGINNERS YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Stephanie	<b>BOOT CAMP</b> 6:00–6:45am <i>Multi-Purpose Room</i> Danielle	<b>EXPRESS YOGA</b> 7:00–7:55am <i>Multi-Purpose Room</i> Sy
<b>BEGINNERS YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Stephanie	<b>HEALTHY HEART</b> 10:00–10:45am <i>PIA Fitness Center</i> Sy	<b>YOGA</b> 8:30–9:45am <i>Multi-Purpose Room</i> Heather	<b>CHAIR YOGA</b> 10:00–10:45am <i>Multi-Purpose Room</i> Sy	<b>YOGA</b> 8:30–9:30am <i>Multi-Purpose Room</i> Sy	<b>EVERY-AGE STRETCH</b> 11:00–11:45am <i>Multi-Purpose Room</i> Candee
<b>CHAIR YOGA</b> 10:00–10:45am <i>Multi-Purpose Room</i> Sy	<b>ZUMBA/ZUMBA TONING</b> 6:00–6:55pm <i>Multi-Purpose Room</i> Tess	<b>EVERY-AGE STRETCH</b> 10:00–10:45am <i>Multi-Purpose Room</i> Candee	<b>ZUMBA/ZUMBA TONING</b> 11:00am–12:00pm <i>Multi-Purpose Room</i> Jacqui	<b>EVERY-AGE STRETCH</b> 10:00–10:45am <i>Multi-Purpose Room</i> Candee	
<b>ZUMBA/ZUMBA TONING</b> 11:00am–12:00pm <i>Multi-Purpose Room</i> Jacqui	<b>YOGA</b> 7:15–8:15pm <i>Multi-Purpose Room</i> Sarah	<b>BARRE</b> 11:00am–12:00pm <i>Multi-Purpose Room</i> Jacqui	<b>ZUMBA/ZUMBA TONING</b> 6:00–6:55pm <i>Multi-Purpose Room</i> Tess	<b>BARRE</b> 11:00–12:00pm <i>Multi-Purpose Room</i> Jacqui	

**DARTMOUTH YMCA**  
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 508.993.3361  
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[mmahoney@ymcasouthcoast.org](mailto: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