



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

AUGUST 29TH - OCTOBER 15TH

MON	TUES	WED	THURS	FRI	SAT
	YOGA Tiffany 7-7:45am upper pavilion		YOGA Tiffany 7-7:45am upper pavilion		INDOOR CYCLE Deidre 8-9am cycle room
YOGA Eileen 8-9am upper pavilion		YOGA Eileen 8-9am upper pavilion		YOGA Eileen 8-9am upper pavilion	YOGA Kim/Cheryl 8-9am multipurpose room
CHAIR YOGA Eileen 9:15-10:15am multipurpose room	PILATES NO CLASS 9/13 Genia 9-10am multipurpose room	BARRE Genia 9:30-10:45am multipurpose room	ZUMBA GOLD Jacqui 10-11am multipurpose room	PILATES NO CLASS 9/2 Genia 9:30-10:30am multipurpose room	
BARRE Jacqui 11am-12pm multipurpose room	ZUMBA NO CLASS 9/13 Genia 10:15-11:15am multipurpose room	STRETCH Candee 11-12pm multipurpose room		ACTIVE AGING Rita 11:30-12:15pm multipurpose room	STRETCH Candee 12:10-12:55pm multipurpose room
	YOGA Cheryl 5:45-6:45pm multipurpose room				

- Please bring your own equipment. (mats, blocks, etc.)
- Reservations are required for INDOOR CYCLE only.
- [ymcasc.org-schedules-group ex classes-find all your classes here-click on that!](http://ymcasc.org-schedules-group-ex-classes-find-all-your-classes-here-click-on-that)
- Fully vaccinated members can choose to remove their mask, unvaccinated members should wear their mask at all times.