



DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

NOVEMBER 2024

MON	TUES	WED	THURS	FRI	SAT
	YOGA Kim 7-7:45am		YOGA Tiffany 7-7:45am		INDOOR CYCLING Deidre 8-9am cycle room
YOGA Eileen 8:30-9:30am	PILATES Genia 9-10am	YOGA Eileen 8-9am	YOGA NO CLASS 11/28 Emily 8:30-9:30pm		WEEKEND WEIGHTS NO CLASS 11/9 Erica 9-10am
CHAIR YOGA Eileen 9:45-10:45am	BOOMER BEATS Rita 9-9:45am CHILDCARE SIDE	BARRE Genia 9:30-10:30am	BOOMER BEATS Rita 9-9:45am CHILDCARE SIDE	PILATES Genia 9:30-10:30am	
LIFT/KICK/TONE OSTEO-FRIENDLY Jacqui 11am-11:55pm	ZUMBA Genia 10:15-11:15am	EVERY AGE STRETCH Candee 11-12pm	ZUMBA GOLD NO CLASS 11/28 Jacqui 10-10:55am		EVERY AGE STRETCH Candee 12:10-12:55pm
	WEEKLY WEIGHTS Erica 11:30-12:30pm		EVERY AGE STRETCH NO CLASS 11/28 Candee 1-2pm		
		YOGA Cheryl 6-6:45pm	WEEKLY WEIGHTS NO CLASS 11/28 Erica 5:30-6:30pm		

Dartmouth YMCA hours
 Monday - Friday 7am-7pm
 Saturday 8am-1pm
 Veterans Day 7am-7pm
 Thanksgiving 7am-11am