

DARTMOUTH COLLEGE

ZIMMERMAN FITNESS CENTER OPEN HOUSE

FLIP CLASSES

FRIDAY, DECEMBER 5

TIME	CLASS NAME - DESCRIPTION	LOCATION	INSTRUCTOR
8am - 9am	NIA - Neuromuscular Integrative Action	Pool View Room	Patricia Higgins
12pm - 1pm	DANCE - Fun Routines to Popular Songs	Manley Rm 88	Jamie Orr
12pm - 1pm	DartFIT - Group circuit with rotating stations	West Gym Track	Jon Dame
12:10pm - 1pm	SPINNING - Group cycling class	ZFC - Spinning Room	Hugh Mellert
4:20pm - 5:20pm	DartFIT - Group circuit with rotating stations	West Gym Track	Jon Dame
5pm - 5:30pm	INSANITY - Cardio based total body conditioning	Pool View Room	Maddie May
5pm - 5:45pm	PILATES/STABILITY BALL : learn the basics of Pilates	Multipurpose Rm 182	Wendi Reuter-Lorenz
5:15pm - 6:15pm	SPINNING - Group cycling class	ZFC - Spinning Room	Jodie Davi
5:30pm - 6:30pm	DartFIT - Group circuit with rotating stations	West Gym Track	Jon Dame

SATURDAY, DECEMBER 6

TIME	CLASS NAME - DESCRIPTION	LOCATION	INSTRUCTOR
9:15am - 10am	NIA - Neuromuscular Integrative Action	Pool View Room	Patricia Higgins

FITNESS CLINICS

FRIDAY, DECEMBER 5

TIME	CLASS NAME - DESCRIPTION	LOCATION	INSTRUCTOR
12:15pm - 12:45pm	ZHIIT - Group Circuit w/ high intensity circuit stations	Zimmerman Fitness Ctr	Kelley Dole
12:15pm - 1pm	CYBEX STRENGTH TRAINING CIRCUIT - learn basics of Cybex	Zimmerman Fitness Ctr	Wendi Reuter-Lorenz
12:15pm - 1pm	BALANCE TRAINING - Improve balance for everyday life	Zimmerman Fitness Ctr	Carolyn Hooper Goetinck
1:15pm - 2pm	FLEXIBILITY TO IMPROVE FITNESS & FUNCTION	Zimmerman Fitness Ctr	Carolyn Hooper Goetinck

SATURDAY, DECEMBER 6

TIME	CLASS NAME - DESCRIPTION	LOCATION	INSTRUCTOR
9:15am - 9:45am	ZHIIT - Group Circuit w/ high intensity circuit stations	Zimmerman Fitness Ctr	Kelley Dole
9:15am - 9:45am	PiYo - Core conditioning & Strength training (pilates & yoga)	Zimmerman Fitness Ctr	Wendi Reuter-Lorenz
9:15am - 10am	Pilates - Learn basics of Pilates for fitness	Multipurpose Rm 182	Naomi Thorngren
10am - 10:30am	ZHIIT - Group Circuit w/ high intensity circuit stations	Zimmerman Fitness Ctr	Kelley Dole
9:15am - 10am	FREE WEIGHT LIFTING - Learn the basics of free weights	Zimmerman Fitness Ctr	Jon Dame
9:15am - 10am	CYBEX STRENGTH TRAINING CIRCUIT - Learn basics of Cybex	Zimmerman Fitness Ctr	Sue Darling
10am - 10:45am	CYBEX STRENGTH TRAINING CIRCUIT - Learn basics of Cybex	Zimmerman Fitness Ctr	Sue Darling
10am - 10:45am	KETTLE BELL WORKOUT - Learn how to enhance your routine	Zimmerman Fitness Ctr	Jon Dame

DARTMOUTH COLLEGE

ZIMMERMAN FITNESS CENTER OPEN HOUSE

FITNESS CENTER GUIDED TOURS

FRIDAY, DECEMBER 5

TIME	DESCRIPTION	LOCATION	INSTRUCTOR
1pm - 2pm	Fitness Center Guided Tours - Every 15 minutes.	Zimmerman Fitness Ctr	Hugh Mellert
4:30pm - 5:30pm	Fitness Center Guided Tours - Every 15 minutes.	Zimmerman Fitness Ctr	Hugh Mellert

SATURDAY, DECEMBER 6

TIME	DESCRIPTION	LOCATION	INSTRUCTOR
9am - 10am	Fitness Center Guided Tours - Every 15 minutes.	Zimmerman Fitness Ctr	Hugh Mellert

****NIA (Neuromuscular Integrative Action)**

Looking for a spirited movement for body and soul to get you through your day? Looking for weight-bearing exercise with no- or low-impact? Then step into your own joyful journey with NIA, and join me on mine as we dance to soul-stirring music! NIA is a sensory-based movement practice incorporating the body, mind, emotions, and spirit, and draws from the martial arts, dance arts and healing arts. Every experience in class can be adapted to individual needs and abilities, and is enjoyed by people of all ages, shapes and sizes. Wear comfortable clothes you can move in.

****DANCE: FUN ROUTINES TO POPULAR SONGS**

You don't need to be a trained dancer to feel like one. In fact, you're only a kick-ball-change and a jazz box away from learning your first routine. Join this spirited and supportive group of dancers as we master 32-beat combinations to a wide variety of music including, Salsa, Big Band, Hip Hop, Country, Show Tunes and more. No partner required.