ZIMMERMAN FITNESS CENTER

FREE WINTER WORKSHOPS!

Workshops will be offered during the week of February 24-28. Each workshop is 45 minutes long. FREE and open to the Dartmouth Community! You do not need to be a member of the Zimmerman Fitness Center to participate. All workshops meet in ZFC unless otherwise noted.

Space is limited!
Reservations: call the ZFC Desk at 603/646-3284.

Intro to ZFC
Monday, 2/24: 4:10pm – 4:50pm
Tuesday, 2/25: 12:10pm – 12:50pm

Considering exercise or joining the Fitness Center for the first time? Not sure what to expect or where to begin once you enter the facility? This workshop may be for you. Designed to help those who may be feeling overwhelmed by the array of equipment, machines, and exercise tools that the Fitness Center offers. These 40 minutes will give you an opportunity, under the guidance of a personal trainer, to sample and explore what ZFC has to offer. While this workshop will not provide individualized exercise programming, it will help you feel more comfortable incorporating the Fitness Center on your path to exercise and improved health.

Strong Bones Sisterhood
Tuesday, 2/25: 4:10pm – 4:50pm
Friday, 2/28: 12:10pm – 12:50pm

It's never too early or late to lift weight! Weight bearing exercises are critically important for women ages 5 to 99. Regular exercise that includes strength routines, two to three times per week, have been shown to maximize bone production, which occurs all the way to age 35. Beyond bone forming years, bone density begins to decrease, which can lead to the disease, Osteoporosis (decreased bone mineral density). Join Kelley to learn innovative and motivational weight-bearing exercises that yield strength gains. Feel great and stay strong! This course is designed for beginner through advanced fitness levels. Start your journey to the gym!

Circuit Training on Strength Machines
Tuesday, 2/25: 4:10pm – 4:50pm
Friday, 2/28: 12:10pm – 12:50pm and 4:10pm – 4:50pm

Strength training is a critical component of overall health and fitness, and using a circuit of strength training machines is a great way to improve both. This clinic will focus on the proper set-up and use of over 12 Cybex Circuit Machines that will include upper body, torso, and lower body exercises. It will also include a brief overview of the importance and process of a full body strength training program. A great workshop if you are new to strength training or unsure of the proper use of the machines.
Your 1 Stop Shop!!

**Tuesday, 2/25: 12:10pm – 12:50pm**

**Friday, 2/28: 4:10pm – 4:50pm**

Z station; Jungle gym, Playground, Multistation, Z machine - Call it what you want, but don't call it "BORING". Utilizing some of the best contemporary techniques in the fitness industry we can show you a high intensity total body workout. The new Z Station incorporates battling ropes, suspension straps, TRX Rip Trainer, medicine balls, kettlebells, landmine, plyo platforms and more. Out with the old and in with the new, it’s time to take your workouts to the next level.

**Functional Stretching: Beyond Counting to 30**

**Monday, 2/24: 4:10pm – 4:50pm**

**Tuesday, 2/25: 4:10pm – 4:50pm**

**Thursday, 2/27: 12:10pm – 12:50pm**

Many traditional stretches have little to do with a muscle’s functional role in movement and activity. Learn what makes functional stretches "functional", why range-of-motion mobility and stability go hand-in-hand, and how to make some of your favorite stretches more functional and more effective.

**Prep for Golf**

**Monday, 2/24: 4:10pm – 4:50pm**

**Thursday, 2/27: 12:10pm – 12:50pm**

The grass will be greening, and the clubs are calling. Come prepared for an active workshop! You’ll begin with exercises to help strengthen the shoulders, forearm, hips, legs and core; and end with some stretches you can do after you finish playing your golf game. This workshop will help you strengthen your golf game, increase club head speed, and add distance to your long game.

**Beyond Circuit Training**

**Wednesday, 2/26: 4:10pm – 4:50pm**

**Thursday, 2/27: 4:10pm – 4:50pm**

If you've been using the Cybex Circuit machines for your strength training and you want to add some diversity to your workout.....this clinic is for you! We will show you 8 additional exercises using weights and cables for the arms, chest, shoulders, back, torso, and lower body. Even muscles can get in a rut, so spice up your routine and challenge yourself with some new moves!

**Pick up the Pace, Walk Fit Every Step!**

**Wednesday: 12:10pm – 12:50pm**

**Thursday, 2/27: 4:10pm – 4:50pm**

Walking is a simple, essential, activity of daily living. Recent research reveals how the cumulative effects of a walking program can help reduce the risks of, or manage, several chronic medical conditions (including coronary heart disease, hypertension, Type II Diabetes, some musculoskeletal
diseases) and enhance weight management. Sign up to learn more about pace, load placement (walking with weights), caloric expenditure, weaving high intensity interval training to walking routines, and strategies to enhance your gym routine. Put a new groove in your step!

Questions or need more information?
Please contact Carolyn Hooper Goetinck, ZFC Manager at 603/646-0231.