

Bennington Branch Fitness Schedule

Class Name	Description	Location and Times	Registration/Cost
Boot Camp	Whole body strength and endurance training that will improve your fitness ability and overall health. This is a supportive instructor led class that brings you through a variety of different exercises.	Bennington Senior Center Wednesdays from 5:30-6:30	Free with membership. Pre-registration required.
Silver Sneakers	SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a ball. Often a chair is used for seated exercises or standing support.	Bennington Senior Center Wednesdays & Fridays 8:15 & 9:15 am	Free, no registration required
Chair Yoga	Yoga is a total body workout emphasizing the rhythm of your breathing in a peaceful relaxed atmosphere. The practice of yoga positions will help improve your muscle tone. Flexibility, and balance. This class uses a chair for everyone.	Bennington Senior Center Tuesdays at 2pm **First Tuesday of every month is at 3**	Free, no registration required
Movement Playgroup	Movement & Wellness focused playgroup for children and their parent or caregiver. Activities will vary but all will encourage movement and physical activity with social-emotional development and a healthy snack!	-Mission City Church from Tuesdays 10:30-11:30am -Bennington Senior Center Tuesdays 5:30pm-6:30pm	Free with youth membership or \$10 for 8 classes. Registration preferred, drop-in as space allows.
Teen Strength and Conditioning	This interactive strength and conditioning program for girls 14-17 is designed to build a foundation of fitness using movements to reduce risk of disease, injury, and to build a life of fitness.	Bennington Rec Center Wednesdays 2:30-3:15 & 3:15-4	Free with a youth membership or \$20 for the session. Pre-registration required.
Water Exercise	This is a low-impact activity that takes the pressure off your bones, joints and muscles. Water also offers natural resistance, which can help strengthen your muscles. This is great for anyone looking for more of a therapeutic exercise.	Bennington Recreation Center Tuesdays and Thursdays 10:30am-11:30am	Free with membership OR \$2 drop in fee, no registration required.
Aqua Fit	Aqua Fit brings new meaning to the idea of an invigorating workout. It combines music, rhythm and dance steps with a pool party. It offers a fun but challenging, water based, body-toning workout.	Bennington Recreation Center Mondays 7:30pm-8:30pm Fridays 9:30am-10:30am	Free, no registration required.

To register or for more information:

To register please contact Taylor Haynes, Health & Wellness and Youth Sports Director at thaynes@bfymca.org or call us at the Bennington Recreation Center (802)442-1053.