

September-October 2020 Programs
Bennington Rec Center - Berkshire Family YMCA

Group Fitness - Outdoors						
Class Name	Location	Days & Times	Session Start/End	Instructor	Brief Description	Fee
Boot Camp	Rec Center Yard	Tue & Thu 5:30-6:30 pm	September 15 - October 15	Taylor Haynes	Fun, high-intensity workout that can be modified. Progress each week and come back for more!	Free for Y members \$25 Rec Members \$40 Non-Members
Fit 'n Fab	Willow Park - Upper Pavilion	Mondays 5:30-6:15 pm	September 14 - October 19	Andrea Malinowski	Interval training, individualized to each participant. Using body weight and getting creative!	Free for Y members \$25 Rec Members \$40 Non-Members
Group Fitness - Pool						
Class Name	Location	Days & Times	Session Start/End	Instructor	Brief Description	Fee
H2O GO!	Rec Center Pool	** Mondays, Wednesdays 10:00-10:45 am	September 14 - October 21	Jane DiSanto	A light to moderate exercise to increase endurance, flexibility, and core strength.	Free for Y members \$25 Rec Members \$40 Non-Members
AquaFit	Rec Center Pool	Fridays 10:00-10:45 am	September 18 - October 23	Andrea Malinowski	Water based, lively music - body toning fun!	Free for Y members \$25 Rec Members \$40 Non-Members

Notes

H2O GO! -participants sign up for Mondays and Wednesday classes separately (can sign up for both but must pay for each

Bennington Recreation Center

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More information, details, and online registration:
www.bfymca.org/programs

