

November Group Fitness

At the Bennington Recreation Center | 655 Gage St, Bennington, VT 05201



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 ≈ H2O Gol 10-10:45 am Chair Yoga 3:00 pm Fit & Fab 5:30-6:15 pm	3 ≈ Water Flex & Balance w/ Renette 10-10:45 am Tabata w/ Taylor 5:30 p	4 ≈ H2O Gol 10-10:45 am Balance & Strength 11:15 a ≈ AquaFit 5:45-6:30 pm Strength Core & Balance 5:30 pm	5 ≈ Adult Stroke Development Class w/ Renette 10 am	6 ≈ AquaFit 9-9:45 am ≈ AquaFit 10-10:45 am Full Body Burnout 4-4:45 pm	7 ≈ Adult Stroke Development Class w/ Renette 2 pm
9 ≈ H2O Gol 10-10:45 am Chair Yoga 3:00 pm Fit & Fab 5:30-6:15 pm	10 ≈ Water Flex & Balance w/ Renette 10-10:45 am Tabata w/ Taylor 5:30 p	11 ≈ H2O Gol 10-10:45 am Balance & Strength 11:15 a ≈ AquaFit 5:45-6:30 pm Strength Core & Balance 5:30 pm	12 ≈ Adult Stroke Development Class w/ Renette 10 am	13 ≈ AquaFit 9-9:45 am ≈ AquaFit 10-10:45 am Full Body Burnout 4-4:45 pm	14 ≈ Adult Stroke Development Class w/ Renette 2 pm
16 ≈ H2O Gol 10-10:45 am Chair Yoga 3:00 pm Fit & Fab 5:30-6:15 pm	17 ≈ Water Flex & Balance w/ Renette 10-10:45 am Tabata w/ Taylor 5:30 p	18 ≈ H2O Gol 10-10:45 am Balance & Strength 11:15 a ≈ AquaFit 5:45-6:30 pm Strength Core & Balance 5:30 pm	19 ≈ Adult Stroke Development Class w/ Renette 10 am	20 ≈ AquaFit 9-9:45 am ≈ AquaFit 10-10:45 am Full Body Burnout 4-4:45 pm	21 ≈ Adult Stroke Development Class w/ Renette 2 pm
23 ≈ H2O Gol 10-10:45 am Chair Yoga 3:00 pm (no Fit & Fab this week)	24 ≈ Water Flex & Balance w/ Renette 10-10:45 am Tabata w/ Taylor 5:30 p	25 Strength Core & Balance 5:30 pm	26 Thanksgiving Day – Facility Closed	27 No classes for holiday	28 No classes for holiday
30 ≈ H2O Gol 10-10:45 am Chair Yoga 3:00 pm Fit & Fab 5:30-6:15 pm	- DECEMBER -	Dec. 2 ≈ H2O Gol 10-10:45 am Balance & Strength 11:15 a ≈ AquaFit 5:45-6:30 pm Strength Core & Balance 5:30 pm	Dec. 3 ≈ Adult Stroke Development Class w/ Renette 10 am	Dec. 4 ≈ AquaFit 9-9:45 am ≈ AquaFit 10-10:45 am Full Body Burnout 4-4:45 pm	Dec. 5 ≈ Adult Stroke Development Class w/ Renette 2 pm
Please Note: <ul style="list-style-type: none"> - All group fitness classes require pre-registration and pre-payment. - There are program registration fees for each session unless otherwise noted. Group sizes are limited, and other precautions taken for safety.			More information: 802-442-1053 thaynes@bfymca.org Register online: bfymca.org/programs		