



April Fitness Schedule

REGISTER TO TRY OUT A CLASS THIS MONTH

Monday

H2O Go 10-10:50am
at the Bennington Rec Center

Yoga 5:30-6:30pm
at the Bennington Senior Center
Benn High beginning 4/12

Tuesday

Mix Fit 9-10:45am
at Benn High
begins 4/13

Flex & Balance 10-10:50am
at the Bennington Rec Center

Tabata 5:30-6:30pm
at the Bennington Rec Center
ends 4/13

Wednesday

H2O Go 10-10:50am
at the Bennington Rec Center

Thursday

Mix Fit 9-10:45am
at Benn High

Water Exercise 10-10:50am
at the Bennington Rec Center

Yoga 5:30-6:30pm
at the Bennington Senior Center
Benn High beginning 4/15

Friday

Yoga 8:30-9:30am
at the Bennington Senior Center
Benn High beginning 4/12

H2O Go 10-10:50am
at the Bennington Rec Center

Saturday

Stroke Development 12-12:50pm
at the Bennington Rec Center

Adult Swim lessons 3-3:50pm
at the Bennington Rec Center

To register email thaynes@bfymca.org, call (802)442-1053 or at BFYMCA.org/programs

