



# May/June 2021 Group Fitness Calendar

Berkshire Family YMCA – Bennington Rec Center

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For more information and to register:

Call/visit the Welcome Center (802)442-1053, [thaynes@bfymca.org](mailto:thaynes@bfymca.org) or online at [bfymca.org/programs](http://bfymca.org/programs).

\*Please note pre-registration is required\*

| DATE/TIME                                      | EVENT                           | DESCRIPTION   |
|--|---------------------------------|---|
| Mondays or Thursdays<br>5:30-6:30 pm           | <b>Yoga with Jane</b>           | Join Jane at the <i>Bennington Senior Center</i> for a yoga class that focuses on core, balance and flexibility.  |
| Mondays, Wednesdays or Friday's<br>10-10:50 am | <b>H2O Go!</b>                  | Join Jane at the <i>Bennington Rec Center</i> for a water aerobics class that will get your heart rate up!  |
| Tuesdays or Thursdays<br>10-10:50              | <b>Water Exercise</b>           | Join Renette at the <i>Bennington Rec Center</i> for this physical therapy based program that helps build strength and balance while in the water.                      |
| Tuesdays or Thursdays<br>10-10:50              | <b>Strength and Balance</b>     | Join Tracy at <i>Benn High</i> on Main St to work on building balance, strength and core control!   |
| Tuesdays & Thursdays<br>5:30-6:30 pm           | <b>Spring into Summer</b>       | Join Taylor at Willow Park for a 6-week intensive program to get you ready for the summer months! After a long winter a great way to get moving!                        |
| Wednesdays<br>9-9:50am                         | <b>Silver Sneakers: FLeX</b>    | Join Taylor at <i>Benn High</i> on Main St to work on building, strength, balance and cardiovascular endurance.   |
| Saturdays<br>12-12:50 am                       | <b>Stroke &amp; Development</b> | Join Renette at the <i>Bennington Rec Center</i> to increase your swimming ability with one on one instruction.   |
| Saturdays<br>3-3:50 pm                         | <b>Adult Swim Lessons</b>       | Join us at the <i>Bennington Rec Center</i> for instruction to learn swim basics with one on one instruction! A great way to learn water safety and stroke development. |

**\*Location is subject to change. All registered participants will be updated accordingly\***