



JULY 2021 Group Fitness Calendar

Berkshire Family YMCA – Bennington Rec Center
 Programs Manager, Taylor Haynes, thaynes@bfymca.org

For more information and to register:
 Call/visit the Welcome Center (802)442-1053, thaynes@bfymca.org or online at
bfymca.org/programs.

Please note pre-registration is required

DATE/TIME	EVENT	DESCRIPTION
Mondays or Thursdays 5:30-6:30 pm	Yoga with Jane	Join Jane at the <i>Benn High space</i> (beginning July 1) for a yoga class that focuses on core, balance and flexibility.
Mondays, Wednesdays or Friday's 10-10:50 am	H2O Go!	Join Jane at the <i>Bennington Rec Center</i> for a water aerobics class that will get your heart rate up!
Tuesdays or Thursdays 10-10:50	Water Exercise	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 10-10:50	Strength and Balance	Join Tracy at <i>Benn High</i> on Main St to work on building balance, strength and core control!
Tuesdays & Thursdays 5:30-6:30 pm	Boot Camp	Join Taylor at Willow Park for a workout to challenge you in all areas: cardio, strength, balance and core.
Wednesdays 9-9:50am	Silver Sneakers: Flex	Join Taylor at <i>Benn High</i> on Main St to work on building, strength, balance and cardiovascular endurance.
Saturdays 12-12:50 am	Stroke & Development	Join Renette at the <i>Bennington Rec Center</i> to increase your swimming ability with one on one instruction.
Saturdays 3-3:50 pm	Adult Swim Lessons	Join us at the <i>Bennington Rec Center</i> for instruction to learn swim basics with one one one instruction! A great way to learn water safety and stroke development.

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

Keep an eye out for POP up classes with Mckenzie! Follow us on Facebook to see the different offerings this summer!