



# Group Fitness November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Silver Sneakers 9 am Water Aerobics 11 am Indoor Walking 11 am Yoga 5:30 pm	2 Yoga 9 am Water Exercise 10 am Strength & Balance 10 QiGong 5 pm Boot Camp 5:30 pm	3 Indoor Walking 9 am Water Walking 10 am QiGong 11 am Yoga 5:30 pm	4 Yoga 9 am Water Exercise 10 am Strength & Balance 10 am Boot Camp 5:30 pm	5 Silver Sneakers 9 am Indoor ActiveWalk 10 am Water Aerobics 11 am	6	7
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22 Silver Sneakers 9 am Water Aerobics 11 am Indoor Walking 11 am Yoga 5:30 pm	23 Yoga 9 am Water Exercise 10 am Strength & Balance 10 QiGong 5 pm Boot Camp 5:30 pm	24 Indoor Walking 9 am Water Walking 10 am QiGong 11 am Yoga 5:30 pm	25 <b>Closed for Holiday</b>	26 <b>No classes. Facility is open for individual use.</b>	27	28
29 Silver Sneakers 9 am Water Aerobics 11 am Indoor Walking 11 am Yoga 5:30 pm	30 Yoga 9 am Water Exercise 10 am Strength & Balance 10 QiGong 5 pm <b>Boot Camp 5:30 pm</b>	Blue: Rec Center Pool Green: Rec Center Purple: Old Benn High Black: Other – see description		See back of page for descriptions & more information.  **Schedule is subject to change. <b>MUST PRE-REGISTER FOR ALL CLASSES.</b>	Classes are included with membership! Non-members pay daily visit fee	

## DESCRIPTIONS:

**Indoor Walking:** Led by SASH Instructors on Mondays, Jane on Wednesdays, and Tracy on Fridays. Get motivated and moving exercising and interacting with others. Indoor ActiveWalk uses weights, balance, and brain exercises with music. Location: Old Benn High, 650 Main St, Bennington.

**Water Exercise:** Taught by lead lifeguard and instructor Renette. Gentle, healing program that helps build strength and balance while in the water. Location: Bennington Rec Center pool.

**Yoga:** Jane DiSanto, M.Ed, Kripalu CYT 500, teaches this yoga class that focuses on core, balance, and flexibility. Bring your own mat, blocks, straps, or borrow from us if needed. Location: 9 am class is at Benn High (650 Main St), 5:30 pm yoga is at the Bennington Senior Center (124 Pleasant St).

**Qigong:** Led by Tracy Purdy-Martin, a class that combines movement, meditation, and regulation of breathing to enhance the flow of energy within the body. Location: Old Benn High, 650 Main St, Bennington.

**H2O Go!/Water Aerobics:** Taught by Jane, H2O Go! Is a water aerobics class to get heart rate up! Please note that this class will be ending on Wed, Oct 6. Renette will begin teaching Water Aerobics the following week. Location: Bennington Rec Center pool.

**Strength & Balance:** Taught by Tracy, utilizing standing and seated positions with weights and movement to enhance balance, strength, and core control. Location: Old Benn High, 650 Main St, Bennington.

**Silver Sneakers:** Taught by Jane, class works on strength and balance with light weights, standing and seated position. Location: Old Benn High, 650 Main St, Bennington.

**AquaFit:** Led by Andrea Malinowski of Optionz Health & Fitness. Water-based workout that brings fun and fitness together in an aerobic body-toning, challenging but fun class. Please note this is a special offering for month of October only. Get a spot while you can! Location: Bennington Rec Center pool.

**Boot Camp/Tabata:** Led by Taylor, this class will challenge you in cardio, strength, balance, and core. Heart rate up for all but modify to meet your goals. Location: Upper Willow Park Pavilion (may change based on weather).

**Water Walking:** Led by SASH Instructors, work on balance, strength, and gentle cardio with this beginner-level walking group in the water. Location: Bennington Rec Center pool.

## COMING SOON:

### Interested in a class you don't see on the schedule? Let us know!

Taylor: THAYNES@BFYMCA.ORG - Adult Wellness  
Kayla: KBECKER@BFYMCA.ORG - Branch Director  
802-442-1053

Mindful Based Stress Management (January)  
Matter of Balance  
Healthy Living Workshops  
VIRTUAL INSTRUCTORS in our new Studio space!