



Group Fitness December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Water Aerobics 11 am Indoor Walking 11 am Yoga 5:30 pm	30 Water Exercise 10 am Strength & Balance 10 QiGong 5 pm	1 Floor Work 10 am Water Walking 10am QiGong 11 am Yoga 5:30 pm	2 Water Exercise 10 am Strength & Balance 10 am	3 Indoor ActiveWalk 10 am Water Aerobics 11 am	4
6 Water Aerobics 11 am Indoor Walking 11 am Yoga 5:30 pm	7 Water Exercise 10 am Strength & Balance 10 QiGong 5 pm	8 Floor Work 10 am Water Walking 10am QiGong 11 am Yoga 5:30 pm	9 Water Exercise 10 am Strength & Balance 10 am	10 Indoor ActiveWalk 10 am Water Aerobics 11 am	11
13 Water Aerobics 11 am Indoor Walking 11 am Yoga 5:30 pm	14 Water Exercise 10 am Strength & Balance 10 QiGong 5 pm	15 Floor Work 10 am Water Walking 10am QiGong 11 am Yoga 5:30 pm	16 Water Exercise 10 am Strength & Balance 10 am	17 Indoor ActiveWalk 10 am Water Aerobics 11 am	18
20 Water Aerobics 11 am Indoor Walking 11 am	21 Water Exercise 10 am Strength & Balance 10 QiGong 5 pm	22 Floor Work 10 am Water Walking 10am QiGong 11 am	23 Water Exercise 10 am Strength & Balance 10 am	24 Reduced hours no classes	25 Closed for Holiday
27 Water Aerobics 11 am Indoor Walking 11 am	28 Water Exercise 10 am Strength & Balance 10 QiGong 5 pm	29 Floor Work 10 am Water Walking 10am QiGong 11 am	30 Water Exercise 10 am Strength & Balance 10 am	31 Reduced hours no classes	1 Closed for Holiday

Classes are included with membership!
non members pay daily fee

See back of page for descriptions & more information.

**Schedule is subject to change.

MUST PRE-REGISTER FOR ALL CLASSES.

Green: Rec Center

Blue: Rec Center Pool

Purple: Old Benn High

Black: Other – see description

DESCRIPTIONS:

Indoor Walking: Led by SASH Instructors on Mondays 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: 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.

NEW CLASS ALERT!

Floor Work: Taught by Tracy, this beginner floor work class strengthens and stretches the whole body. Bring a mat or there are some provided. Location: Old Benn High, 650 Main St, Bennington.

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.

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

COMING SOON:

Mindful Based Stress Management (January)
Matter of Balance
Healthy Living Workshops