



# Group Fitness January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 Silver Sneakers 9am DanceFit 11am	4 Water Exercise 10am Strength & Balance 10am Qigong 5pm	5 Floor Work 10am QiGong 11am Stretch w/ Suzanne 1pm DanceFit 6pm	6 Water Exercise 10am Strength & Balance 10am	7 Silver Sneakers 9am ActiveWalk 10am DanceFit 11am	8
10 Silver Sneakers 9am DanceFit 11am	11 Water Exercise 10am Strength & Balance 10am Qigong 5pm	12 Floor Work 10am QiGong 11am Stretch w/ Suzanne 1pm DanceFit 6pm	13 Water Exercise 10am Strength & Balance 10am	14 Silver Sneakers 9am ActiveWalk 10am DanceFit 11am	15
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24 Silver Sneakers 9am DanceFit 11am	25 Water Exercise 10am Strength & Balance 10am Qigong 5pm	26 Floor Work 10am QiGong 11am Stretch w/ Suzanne 1pm DanceFit 6pm	27 Water Exercise 10am Strength & Balance 10am	28 Silver Sneakers 9am ActiveWalk 10am DanceFit 11am	29
31 Silver Sneakers 9am DanceFit 11am					

**Classes included with membership**

Non-members pay daily fee  
See back of page for descriptions & more information

**Must pre-register for all classes**

\*\*schedule is subject to change\*\*

Green: Rec Center  
Blue: Rec Center pool  
Purple: Old Benn High  
Black: Other

# Descriptions:

**Indoor Active Walk:** Led by Tracy on Friday. Get motivated and moving exercising and interacting with others. Indoor Active walk uses weights, balance, and brain exercises with music. Location: Old Benn High, 650 Main St.

**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, 655 Gage 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.

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

## NEW CLASS ALERT!!!

**Senior Fit:** Led by our NEW instructor Wendy Scott Mondays and Fridays at 9am. Join Wendy for a fun and active class that involves weights, cardio and balance. Led with fun music Wendy will get you moving! Location Old Benn High, 650 Main St.

**DanceFit:** Led by Wendy in the Bennington Rec Center pool Mondays, Wednesdays and Fridays. Get moving to music with movements choreographed by the instructor. This class makes fitness FUN! Location: Bennington Rec Center, 655 Gage St.

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

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