



Group Fitness - September 6-October 31, 2022

BFYMCA -Bennington Rec

For more information and to register:

Call/visit the Welcome Center or Online at bfymca.org/programs

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Branch Director-kbecker@bfymca.org

DATE/TIME	EVENT	DESCRIPTION
Tuesdays & Thursdays 5:15-6:15pm Upper Willow Park Pavillion	Fall into Fitness	Led by Taylor, join her for a 6-week seasonal class that will challenge you! You will do different types of workouts each class including cardio/endurance, HIIT, Tabata, Body flow and more! 8/16-9/22 <i>\$25 charge - register by August 8 to receive swag!</i>
Mondays & Fridays 9-9:50am Location: Bennington Sports Center 230 School St.	Silver Sneakers	Led by Wendy Scott at Benn High. Join Wendy for a fun and active class that involves weights, cardio and balance.
Mondays 10:30-11:15am Location: Bennington Sports Center 230 School St.	Chair Yoga	Chair yoga is a gentle practice in which postures are performed while seated or with the aid of a chair. This type of class is perfect for seniors, those with physical limitations or beginners who want to focus on a gentle practice. Led by Jennifer.
Mondays, Wednesdays & Fridays 11-11:50am Location: Rec Center Pool 655 Gage 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!
Mondays 5:00-6:00pm Location: Bennington Rec 655 Gage St	Beginners Hatha	This branch of yoga flows through a series of poses at a quick pace. Hatha classes guide you through postures at a slower pace with more guidance on how to do each posture correctly. Led by Jennifer.
Mondays 6:16-7:00pm Location: Bennington Rec 655 Gage St	Restorative Yoga	Restorative yoga is a known for its relaxing, calming and healing effects. it involves holding poses, often with the help from props such as blankets, bolsters and blocks that help support your body so you can relax. Each class will also incorporate pranayama meditative breathing to complete restore the mind and body. Led by Jennifer.
Tuesday 5:15-6pm Location: Bennington Rec 655 Gage St	Ashtanga and Vinyasa Flow	Ashtanga is a dynamic and athletic form of hatha yoga, made up levels with fixed postures. It is rooted in vinyasa, the flowing movements between postures, with a focus on breathing to create a flow between movements. This class is geared toward intermediate and advanced participants. Led by Jennifer.
Tuesdays & Thursday 10-10:50am Location: Rec Center Pool 655 Gage St	Water Exercise	Taught by Renette. Gentle, healing program that helps build strength and balance while in the water.

BERKSHIRE FAMILY YMCA: www.bfymca.org

Pittsfield (Corporate Office): 292 North Street, Pittsfield, MA 01201 **P:** 413-499-7650 **F (All Locations):** 888-965-0663

Northern Berkshire: 22 Brickyard Court, North Adams, MA 01247 **P:** 413-663-6529

Bennington Recreation Center: 655 Gage Street, Bennington, VT 05201 **P:** 802-442-1053

<p>Tuesdays & Thursdays 9-9:45am Location: Bennington Sports Center 230 School St.</p>	<p>ADVANCED: Strength & Balance</p>	<p>Advanced Strength & Balance: Once you have mastered the techniques from the beginner's class you will be ready for the advanced curriculum. In this class you will utilize strength, balance and floor work to further strengthen and increase flexibility within the body.</p>
<p>Tuesdays & Thursdays 10-10:45am Location: Bennington Sports Center 230 School St.</p>	<p>BEGINNERS: Strength & Balance</p>	<p>Beginners Strength & Balance: Taught by Tracy, utilizing standing and seated positions with weights and movements to enhance balance, strength and flexibility.</p>
<p>Wednesdays 10-11am Location: Bennington Sports Center 230 School St.</p>	<p>Floor Work</p>	<p>Taught by Tracy, a class that involves stretching, core and breathing techniques to energize, strengthen and improve overall fitness and wellness.</p>
<p>Wednesdays 11am-12pm Location: Bennington Sports Center 230 School St.</p>	<p>Qigong</p>	<p>Taught by Tracy, a class that combines movement, mediation and regulation of breathing to enhance the flow of energy within the body.</p>
<p>Thursday 5:15-6pm Location: Bennington Rec 655 Gage St</p>	<p>Yin Yoga for Flexibility</p>	<p>In Yin Yoga, you are disengaging your muscles. The benefit of this is to completely release and relax the body. Physiologically, the fascia and connective tissue in your body has an opportunity to soften, release, and expand in order to experience greater mobility and flexibility in your body. Led by Jennifer</p>
<p>Wednesdays 9-10am Location: Bennington Sports Center 230 School St.</p>	<p>Active Walk</p>	<p>Led by Tracy. Get motivated and moving exercising and interacting with others. Indoor Active walk uses weights, balance and brain exercises with music. Will be outdoors weather permitting.</p>

Dates to note:

- **There will be no group exercise classes September 1 – 6 as we relocate to 230 School St.**
 - o **Fall into fitness will continue as planned**
- **Wendy is out until September 11.** No DanceFit or Silver Sneakers until Monday September 12.