



October–November 2022

Adult Wellness Calendar

Berkshire Family YMCA – Bennington Branch

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Active BFYMCA membership required. For more information and to register:
Call/visit the Welcome Center or Online at bfymca.org/programs.

<p>Tuesdays October 4 – November 29 Location: Bennington Senior Center 124 Pleasant St.</p>	<p>Town Trekkers <i>Weather permitting</i></p>	<p>Join YMCA staff Suzanne and Senior Center Director Carrie for a weekly walk starting at the Bennington Senior Center! Stop by for lunch at Meals on Wheels and then meet for a group town trek!</p>
<p>Fridays October 7 – November 18 10:00-11:00am Location: Bennington Sports Center 230 School St</p>	<p>Coffee with Wendy</p>	<p>Join Wendy at 10am on Fridays for coffee and light snacks to start your day off right! Come enjoy each other's company at the Bennington Sports Center.</p>
<p>Month of October</p>	<p>Trick or Treat Wellness Challenge*</p>	<p>Upon registration you will receive a October calendar that will be color coded to give you an exercise for the day! Using the calendar you will initial each day you complete the designated wellness challenge. Turn in your calendar by November 1st to be entered to win a Y-swag gift set! FEE: \$5 members - \$15 non members</p>
<p>Fridays October 14 – November 18 10:00-11:00 Location: Bennington Sports Center 230 School St.</p>	<p>Foam Rolling Workshop*</p>	<p>Join Tracy at the Bennington Sports Center for a 6-week foam-rolling workshop. Foam rolling is a technique used to relieve tension in the muscle tissue. Work your muscles to provide relief for sore, aching muscles. FEE: \$20 for members</p>
<p>November 13-19 Location: Bennington Rec Center 655 Gage St.</p>	<p>Swim-a-thon*</p>	<p>A great way to help raise money for youth programming! You will raise money by swimming lengths of the pool. Swimmers ask family, friends, neighbors, or businesses to pledge money per length, or make a flat donation in support of the team.</p>
<p>Saturday November 19</p>	<p>DIY Tri*</p>	<p>This indoor tri gives you a chance to challenge yourself by swimming, biking and running! FEE: Members \$30 Nonmember \$40</p>