



Group Fitness - November 2022

BFYMCA -Bennington Rec

For more information and to register:

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

Taylor McGuire-Assistant Branch Director-tmcguire@bfymca.org

DATE/TIME	EVENT	DESCRIPTION
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 & 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!
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.
Tuesdays & Thursdays 9-9:45am Location: Bennington Sports Center 230 School St.	ADVANCED: Strength & Balance	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.
Tuesdays & Thursdays 10-10:45am Location: Bennington Sports Center 230 School St.	BEGINNERS: Strength & Balance	Beginners Strength & Balance: Taught by Tracy, utilizing standing and seated positions with weights and movements to enhance balance, strength and flexibility.
Wednesdays 10-11am Location: Bennington Sports Center 230 School St.	Floor Work	Taught by Tracy, a class that involves stretching, core and breathing techniques to energize, strengthen and improve overall fitness and wellness.
Wednesdays 11am-12pm Location: Bennington Sports Center 230 School St.	Qigong	Taught by Tracy, a class that combines movement, meditation and regulation of breathing to enhance the flow of energy within the body.
Wednesdays 9-10am Location: Bennington Sports Center 230 School St.	Active Walk	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. Will primarily use the indoor turf field during class time.

Dates to note:

- There will be no classes Thursday, November 24 or Friday, November 25

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