Group Fitness Classes - Berkshire Family YMCA - Bennington Recreation Center

WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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9am					
				+	
10am			((
	H2O Go - BRC Pool 10am - 10:45am	Water Flex and Balance -	H2O Go - BRC Pool	Water Exercise-BRC Pool 10am - 10:45am	H2O Go - BRC Pool
	- 10am - 10:45am	BRC Pool 10am - 10:50am	10am - 10:45am	- 10am - 10:45am	10am - 10:50am
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	Yoga with Jane - Senior			Yoga with Jane - Senior Center	
	Center			Center	
6pm	5:30pm - 6:30pm			5:30pm - 6:30pm	
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7 p m					
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8pm					