

# Windsor County Exercise Class Schedule

Call our Windsor County office for more information on any of these classes  
802.674.4547

**Updated 4/12/2022**

ZOOM Classes are not accepting new participants.

<b>Bone Builder Classes</b>	<b>DAYS</b>	<b>TIME</b>
Andover Community Church	Tuesday & Thursday	10:30 AM
Ascutney: Martin Memorial Hall	Monday and Thursday	10:00 AM
Black River Valley Senior Ctr Ludlow	Tuesday & Thursday	10:00 AM
Brownsville: W Windsor Town Hall	Monday & Wednesday	9:00 AM
<b>Cavendish: ZOOM</b>	<b>Tuesday &amp; Thursday</b>	<b>10:00 AM &amp; 11:00AM</b>
Chester: Unitarian Church	Wednesday & Friday	10AM
<b>Hartland: ZOOM</b>	<b>Wednesday &amp; Friday</b>	<b>9:00 AM</b>
<b>White River: ZOOM and St.Paul's</b>	<b>Tuesday &amp; Thursday</b>	<b>9:30 AM</b>
Wilder: Windsor Hollow	Tuesday & Thursday	9:00AM
<b>Windsor: ZOOM</b>	<b>Monday, Wednesday &amp; Friday</b>	<b>9:00 AM</b>
Woodstock: Thompson Senior Center	Tuesday & Thursday	3:00 PM
<b>Tai Chi</b>	<b>DAYS</b>	<b>TIME</b>
The Great Hall at Springfield Medical	Tuesday	9:30 Beginners 10:45 Intermediate
<b>Matter Of Balance</b>	<b>DAYS</b>	<b>TIME</b>

