

Windsor County Exercise Class Schedule

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

Updated 10/31/2022

ZOOM Classes are not accepting new participants.

Bone Builder Classes	DAYS	TIME
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 & Friday	10:00 AM
Brownsville: W Windsor Town Hall	Monday & Wednesday	9:00 AM
Cavendish: ZOOM	Tuesday & Thursday	10:00 AM
Chester: Unitarian Church	Tuesday & Thursday	10AM
Hartland: ZOOM	Wednesday & Friday	9:00 AM
Springfield: Whitcomb Bldg	Tuesday & Friday	10:30am
White River: ZOOM	Tuesday & Thursday	9:30 AM
Wilder: Windsor Hollow	Tuesday & Thursday	9:00AM
Windsor: ZOOM	Monday, Wednesday & Friday	9:00 AM
Windsor Village	Tuesday & Thursday	10:00 AM
Woodstock: Thompson Senior Center	Tuesday & Thursday	3:00 PM
Tai Chi	DAYS	TIME
The Great Hall at Springfield Medical	Tuesday	9:30 Beginners 10:45 Intermediate

