

Windham County Exercise Classes

For more information about these classes, please call our Brattleboro office.
802.254.7515

Updated March 2023

Bone Builder Classes	DAYS	TIME
Bellow Falls Senior Center <i>in-person</i>	Tuesday & Thursday Monday & Friday	9:00 AM & 10:00AM 10:00 AM
Brattleboro Memorial Hospital <i>ZOOM only</i>	Monday & Friday	10:00 AM
East Dover Town Hall <i>in-person</i>	Tuesday & Thursday	10:00 AM
Londonderry- Neighbor Connects <i>in-person/ZOOM</i>	Monday & Thursday	9:00 AM
West Brattleboro Zoom Group <i>ZOOM only</i>	Monday, Wednesday & Friday	9:30 AM
Whitingham Municipal Center <i>in-person</i>	Monday & Friday	10:30 AM
Wilmington St. Mary's <i>in-person/ZOOM</i>	Monday & Wednesday	9:30 AM
All Souls U.U. Church- West Brattleboro <i>in-person</i>	Tuesday & Thursday	12:30 PM
West Brattleboro Cong. Church <i>in-person</i>	Tuesday & Thursday	3:30 PM
Walk With Ease Groups		
Brattleboro Senior Center	To be determined	
Putney Community Cares	To be determined	
Matter of Balance		
To be determined		

