

Windham County Exercise Classes

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

802.254.7515

Zoom classes not accepting new participants.

Updated October 2021

Bone Builder Classes	DAYS	START TIME
Bellows Falls Senior Center <i>In-Person</i>	Tuesday & Thursday Monday & Friday	9:00 AM & 10:00 AM 10:00 AM
Brattleboro Memorial Hospital <i>Zoom Only</i>	Monday & Friday	10:00 AM
Butterfield Commons West Dover <i>Zoom Only</i>	Fridays	10:30 AM
East Dover Town Hall <i>In-Person</i>	Tuesday & Thursday	10:30 AM
West Brattleboro <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>Zoom Only</i>	Monday & Wednesday	9:30 AM
Londonderry- Neighbor Connects <i>In-Person/ Zoom</i>	Monday & Thursday	9:00 AM
West Brattleboro Cong. Church <i>In-Person</i>	Tuesday & Thursday	3:30 PM
Vernon Huckle Hill Road Housing <i>*not active</i>	Monday & Wednesday	9:30 AM
Walk With Ease Groups		
Brattleboro Senior Center	To be determined	
Putney Community Cares	To be determined	
Matter Of Balance		
To be determined		

