

Windham County Exercise Classes

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

Updated June 2022

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>*not active</i>	Fridays	10:30 AM
East Dover Town Hall <i>In-Person</i>	Tuesday & Thursday	10:30 AM
Hayes Court, W. Brattleboro <i>*not active</i>	Monday & Wednesday	10:00 AM
Londonderry- Neighbor Connects <i>In-Person/ Zoom</i>	Monday & Thursday	9:00 AM
Red Clover Commons, Fairground Rd. <i>In-Person</i>	Tuesday & Thursday	10:00 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
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		

