

# Windham County Exercise Classes

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

Updated September 22 2022

Bone Builder Classes	DAYS	START TIME
Bellows Falls Senior Center <a href="#">In-Person</a>	Tuesday & Thursday Monday & Friday	9:00 AM & 10:00 AM 10:00 AM
Brattleboro Memorial Hospital <a href="#">Zoom Only</a>	Monday & Friday	10:00 AM
Butterfield Commons West Dover <a href="#">*Inactive</a>	Monday & Wednesday	9:30 AM
East Dover Town Hall <a href="#">In-Person</a>	Tuesday & Thursday	10:00 AM
Londonderry- Neighbor Connects <a href="#">In-Person/ Zoom</a>	Monday & Thursday	9:00 AM
Red Clover Commons, Fairground Rd. <a href="#">In-Person</a>	Tuesday & Thursday	10:00 AM
West Brattleboro Zoom Group <a href="#">Zoom Only</a>	Monday- Wednesday- Friday	9:30 AM
Whitingham Municipal Center <a href="#">In-Person</a>	Monday & Friday	10:30 AM
Wilmington St. Mary's <a href="#">In-Person/ Zoom</a>	Monday & Wednesday	9:30 AM
West Brattleboro Cong. Church <a href="#">In-Person</a>	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		

