

Windham County Exercise Classes

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

Updated December 2022

Bone Builder Classes	DAYS	START TIME
Bellows Falls Senior Center In-Person	Tuesday & Thursday Monday & Friday	9:00 AM & 10:00 AM 10:00 AM
Brattleboro Memorial Hospital Zoom Only	Monday & Friday	10:00 AM
East Dover Town Hall In-Person	Tuesday & Thursday	10:00 AM
Londonderry- Neighbor Connects In-Person/ Zoom	Monday & Thursday	9:00 AM
West Brattleboro Zoom Group Zoom Only	Monday- Wednesday- Friday	9:30 AM
Whitingham Municipal Center In-Person	Monday & Friday	10:30 AM
Wilmington St. Mary's In-Person/ Zoom	Monday & Wednesday	9:30 AM
All Souls U.U. Church- West Brattleboro	Coming in 2023!	
West Brattleboro Cong. Church In-Person	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		

