

Teen Strength & Conditioning with Taylor is now a continuous, ongoing program that focuses on helping teens become more knowledgeable and comfortable in the weight room. Taylor Haynes, Health & Wellness Director for BFYMCA, leads this program on Wednesday afternoons. There are two 45 minutes classes to choose from, one from 2:30 – 3:15, and one from 3:15 – 4:00. These classes are for boys and girls ages 12 – 17. A membership is required; for more information and/or membership options, call the Bennington Rec Center at (802) 442-1053.