

Teen Strength & Conditioning with Taylor is a new program that focuses on helping teens become more knowledgeable and comfortable in the weight room. Taylor Haynes, Health & Wellness Director for BFYMCA, leads this weekly program. The first 8-week session is focused on just girls ages 13-17, with future sessions for additional groups and adults. For more information, call the Bennington Rec Center at (802) 442-1053.