

Health and Fitness Facilities in Windham and Windsor County and what they have to offer especially for seniors

Please note: not all exercise programs and not all exercises are appropriate for all people. Before beginning a new exercise or exercise program, it is best to check with your medical doctor.

Town	Facility Name	General Programs & Seniors Programs	Senior rates?	Phone	Website or email
Bellows Falls	Curves	Circuit Program for all ages. No Senior Program	No	463-9121	
Bellows Falls	Ripples Gym	Weight Room, Aerobics, Yoga, Pilates Classes No Senior Program	Yes	802-463-4344	www.ripplesfitness.com
Bellows Falls	Greater Rock Fitness	No Senior Program	Yes	463-4344	
Brattleboro	Curves	Circuit Program for all ages. No Senior Program	No	257-1000	None
Brattleboro	Colonial Spa	Exercise Equip, Pool, Aerobics Classes Morning Aerobics is geared for Seniors	No	254-5040	www.colonialmotelspa.com
Brattleboro	Supreme Fitness (formerly King's Gym)	Weight Rooms, Cardio Equip, Yoga & Step Classes, New Owner is personal trainer for Seniors. No Senior Program	Yes	257-4944	None
Brattleboro	Bratt Mem Hospital Community Relations	Healthier Living Workshops	free	257-8877	www.bmhvt.org
Brattleboro	Brat. Rec. Dept.	Outdoor Pool, Walk, yoga (Senior program thru Senior Center)	No	254-5808	www.Brattleboro.org Click on Bratt Sen Ctr, then Bratt Sen Meals
Claremont	Vital Signs Fitness Ctr at Valley Reg Hospital	Weight Room, Cardio Equip Certified in Older Adults Fitness	No	603-542-1838	www.vrh.org
Claremont	Twisted Fitness	Weight Room, Aerobic Classes Silver Sneakers (Senior Program)	Yes	542-0414	www.twistedfitness.com
Hanover	Curves	Circuit Program for all ages. No Senior Program	No	603-643-9696	
Hartland	Hartland Rec Dept			436-2790	www.hartland.govoffice.com
Lebanon	Anytime Fitness	Cardio Equip, Free Weights. No Senior Programs	Yes	603-298-6770	anytimefitness@adelphia.net
Lebanon	River Valley Club	Pool, Cardio Equip, Free Weights, Yoga, Aqua, Aerobics, Pilates Classes. Senior Fitness Classes	Yes	603-643-7720	www.rivervalleyclub.com
Lebanon	CCBA	Aqua,aerobics, pilates,yoga Senior program – Light & Lively 2x per wk	Yes	603-448-6477	www.Joinccba.org
Lebanon	Recreation Dept			603-448-5121	www.lebnh.net
Lebanon	Curves for Women	Circuit Program for all ages. No Senior Program		603-442-9399	
Londonderry	West River Tennis and Fitness	Tennis, fitness center	No	824-3688	None

Ludlow	Castle Spa	Outdoor Hot Tub & Pool, Weight Room, Massages, Facials, personal trainer available at facility and for home visits. No Senior Program	No	226-7419	http://castlehillresortvt.com/spa/index.cfm
Ludlow	Curves	Circuit Program for all ages. No Senior Program	No	228-6633	None
Ludlow	Cavendish Point Hotel	Pool-open to public Spring-Fall No Senior Program	No	226-7688	www.cavendishpoint.com
Norwich	Norwich Rec. Dept.	Lots of classes, Yoga, Tennis, Chi Kung, Soccer, Group personal training (one group geared toward seniors) No Senior Program	Yes	649-3040 (rec. dept.)	www.norwich.vt.us/recreation
Springfield	Springfield Rec. Dept.	Dance, Strength Training, Walking Senior Program thru the Senior Center	Yes	885-2727	chamber@springfieldvt.com
Springfield	Southern VT Rec. Cntr	Pool, Fitness Center. Special Balance and Mobility program Easy on the joints water aerobics, personal trainer	Yes	885-2568	www.myreccenter.org
Springfield	Holiday Inn Express	Pool & Fitness Gym. No Senior Program	Call for specials	885-4516	www.vermonthi.com
Springfield	Curves	Circuit Program for all ages. No Senior Program	No	885-4800	bhealthy@vermontel.net
Springfield	Springfield Hospital	Healthy Aging Series Lectures AARP Safe Driving Program	Free	885-7686	www.springfieldhospital.org
Springfield	Edgar May Health & Recreation Center	Swimming, Lap pool, fitness center, free weights, warm water therapy pool Senior water aerobics, arthritis class	Yes	885-2568	www.myreccenter.org
Springfield	Fitness Solutions			885-5814	
White River Jct	Hartford Rec. Dept.	Sports (fitness classes, volleyball, zumba) Basketball ages 50+ (\$2 fee), Wednesday-Walkers Group(free), Sharing Wellness class, & trips	no	295-5036	www.hartford-vt.org
White River Jct	Curves	Circuit Program for all ages. No Senior Program	no	295-9696	
Wilder	Workout Studio			296-8309	
Windsor	Mt. Ascutney Hospital Community Outreach	Miller Pool. Steps. Healthier Living Workshops. Miller Pool has community hours also.	no	674-6711	www.Mtascutneyhospital.org
Windsor	Windsor Rec. Dept.	Exercise & fitness equip. Full gym. No senior program	Yes	674-6783	www.windsorvt.org/recreation-department/
Woodstock	Woodstock Rec. Center	Water aerobics, Pool, Spinning, Yoga, Yogalates, SWEAT class No Senior Programs	Yes	457-1502	www.woodstockrec.com
Woodstock	Woodstock Health and Fitness center	Cardio, exercise, weights, Senior swim M-F 1-3pm (\$6)	Yes	457-6656	www.woodstockinnresort.com Click on activities/racquet & fitness club
Woodstock	Curves	Circuit Program for all ages. No senior program	no	457-9796	

Woodstock	Biscuit Hill Pilates	Public and private classes by appointment No senior programs.	no	457-4525	

Please send corrections, additions, and deletions for this list to: Anila Hood, Nutrition/Wellness Director, Senior Solutions, Council on Aging for Southeastern Vermont, ahood@seniorsolutionsvt.org, 802-885-2655.