

Adult Workout Programs

Enjoy the convenience, flexibility and affordability of these effective and fun workout programs! All classes are in the gym at the Bethany Town Hall and can be tailored to your fitness/ability level.



Classes are held on Mondays & Wednesdays from 7:30pm—8:30pm, & Saturdays from 8:00am—9:00am.

You can register for 1, 2, or 3 times per week. Drop Ins are also welcome!

Cardio—Pump on Mondays from 6:30pm—7:30pm.



Pilates, Strength & Stretch on Wednesdays from 6:30pm—7:30pm.



For either program, you can attend class and register and/or drop in directly. For rate information and/or additional information on either program, please call Bethany Parks and Recreation, 203 393-2100, ext. 127.

