

WINTER SPORTS CONDITIONING CLASS



Don't fall behind this winter! Join our core strengthening, heart pumping class that will have you on the snow, ready before the snow flies!

Thursdays, 6:30-7:30am
October 12 - December 21 (8 weeks)

No class Thanksgiving Day

Instructor: Molly Lauridsen
\$120 members / \$160 nonmembers
Sign-up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

