

TOTALLY JULY MEMBER APPRECIATION TUBULAR



Learn how to integrate both **Versa Tubes** (Long Tubes with handles on each end) and **Loop Bands** (Small Bands for strengthening) into your warmups, workouts, and recovery!

These bands are very versatile and can be used for a number of different functions including strength building, flexibility/mobility work, recovery, and rehabilitation.

Wednesday, July 18 • 7:00-8:00am

Led by: Sean Hunt • Where: TSH Lobby

Free to attend • Advance Signup Required

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.

