

# 12 Days of Wellness **SNOWSHOEING**

**Wednesday, December 5 • 9:00-9:45am**



## **SNOWSHOEING FOR BETTER HEALTH WITH LUKE MOORE OF AJ'S SPORTS**

Snowshoe your way to building strength, agility, balance and endurance this holiday season! Snowshoeing not only gets your body valuable outdoor time during the winter it also provides a terrific conditioning

Join Luke Moore of AJ's Sports to learn more  
about the right snowshoe for you!

**FREE**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)  
*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

THE  
SWIMMING  
HOLE