

# 12 Days of Wellness **ERG IT UP**

Sunday, December 9 • 9:30-10:30am



## **ROW YOUR WAY TO BETTER HEALTH & FITNESS WITH AARON THURSTON**

Rowing is effective Aerobic Exercise. No matter what your age is aerobic exercise is an important contributor to your overall health. In addition rowing provides both an upper and lower body workout, is low impact aerobic exercise, increase endurance and promotes weight loss.

**Come join the fun and test your skills with our "max watts in 30 sec" competition  
Prize to top male and female Max watts recorded in 30 seconds !**

*Aaron Thurston is a Competitive Rower & Concept2 Production Technician*

**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.*

