

# ANIMAL

**This fun workout is one of the hottest new fitness trends!**

# FLOW



## **What is Animal Flow?**

Animal flow is a multiplanar movement method that can be described as a meeting of flow yoga & martial arts. Smoothly & quickly transition from one posture to another to create exercises & movement combinations, or "flows." It is excellent for strength, balance, flexibility, & motor pattern/brain training, & it's a blast!

## **What do I need to attend?**

You need to be able to get up and down off the floor without assistance and bear weight on your hands. Modifications Available

**Mondays • 6:00-7:00am**  
**January 6 – February 17**

## **Instructor: Kathleen Doehla**

*Kathleen Doehla, M.S. P.T., is a licensed physical therapist, certified Animal Flow Instructor and owner of Points North PT, her outpatient orthopedics/sports medicine clinic in Stowe.*

**\$155 members / \$195 nonmembers • Sign-up at the Front Desk**

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.

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