

ANIMAL

Beginner Specialty Class



Learn the 30 level 1 postures and movements, and build strength, flexibility and confidence by practicing movement sequences and "flows," and build your base to prepare you for our Premier Animal Flow, an intermediate level class.

Saturdays • 7:45-8:45am
March 14 - April 25

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.

\$22/Specialty Class for Members & Nonmembers • \$155 for 7 Week Session
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.

