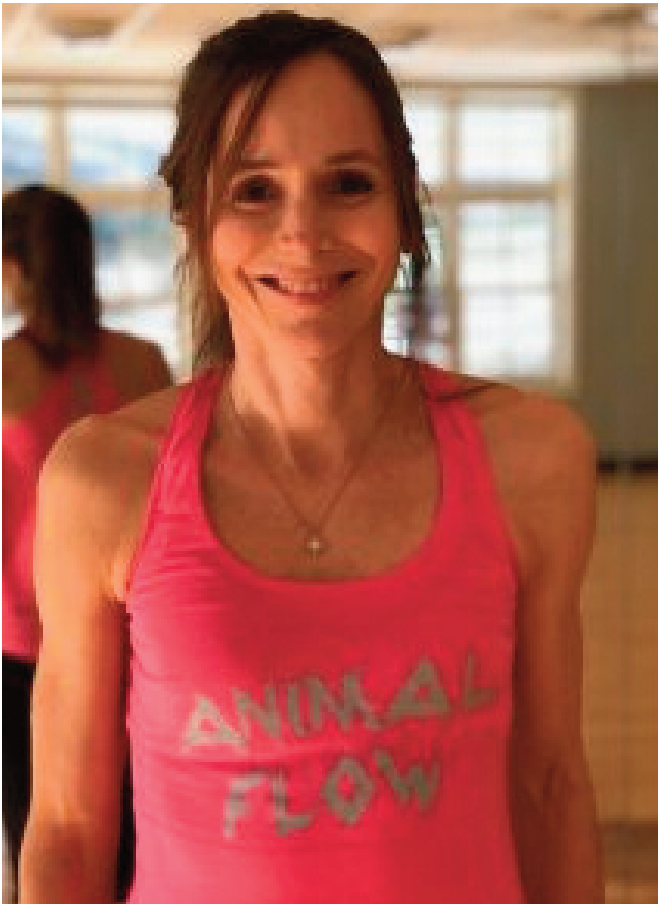


ANIMAL THE NEXT LEVEL IN BODY WEIGHT TRAINING FLOW



Discover how Animal Flow can condition your body to be your best self. Animal flow is the next level in body weight training. Looking for a seriously challenging and fun new workout? This fast-moving, multiplanar bodyweight workout consisting of "flows" of movements designed to build strength and flexibility will leave you feeling strong, refreshed, and exhilarated!

Learn the foundational postures and transitions of Animal Flow as well as the science and language of the movement method. You will leave the clinic able to perform a basic flow.

Then sign up for our Spring Animal Flow Classes. Pick the class best suited to your experience and ability level!

FREE INTRO CLINIC

Saturday, March 7 • 7:45-9:00am

Instructor: Kathleen Doehla • Limited to 16 people

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.

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.

