

# ANIMAL

## Premier Class



Advance and refine your Animal Flow practice and build endurance with technique work and longer, more complex flows.

**Mondays • 6:00-7:00am**

*(Yes, Badass Animal Flow students attack their day early!)*

**March 30 - May 11**

**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](http://www.theswimmingholestowe.com)

*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

