

Stretch Tips!

JOIN HEAD TRAINER, SEAN HUNT, FOR SOME BASIC TIPS ON CORRECT STRETCHING AND FOAM ROLLING!



Learn new ways to become more flexible, discover better range of motion, and open your joints throughout the hips and Thoracic (middle) spine!
By stretching and learning new ways to help your flexibility and mobility you can help prevent injury and have less pain!

Tuesday, Feb. 18 • 8:00-8:30am
Thursday, Feb. 20 • 4:30-5:00pm

Pre-registration Required

Cost: FREE

Instructor: Sean Hunt

To sign up: Call or stop by TSH

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.

