

GET READY FOR SKI SEASON

INTRODUCING **CHAIR YOGA** WITH RYT 200 CERTIFIED INSTRUCTOR TERRIE HOOPS

CARRABASSETT VALLEY RECREATION DEPARTMENT
ANTIGRAVITY COMPLEX
3207 CARRABASSETT DRIVE
207-237-5566

THURSDAYS
9:00-10:00 AM
ALL ABILITIES WELCOME
6 WEEKS OCTOBER 1,8,15, 22, 29
NOVEMBER 5

\$12 PER CLASS OR
PRE-PAY THE INSTRUCTOR
\$60 FOR SIX WEEKS

