

GET READY FOR SKI SEASON

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

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

MONDAYS

5:30-6:30 PM

ALL ABILITIES WELCOME

6 WEEKS

OCTOBER 5, 12, 19, 26

NOVEMBER 2 & 9

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

