

# Carrabassett Valley Recreation Department

## Adult Programming Weekly Schedule

@ Anti-Gravity Complex 3207 Carrabassett Drive



### Monday:

7:30 AM Slow Flow Yoga w/ Brittany (call ahead to register)

8:30 AM Spin Class w/ Brittany (call ahead to register)

### Tuesdays:

7:30 AM Cycle/Core Combo Class w/ Diane

4:30 PM Restorative Yoga w/ Brittany (call ahead to register)

5:30 PM Spin Class w/ Brittany (call ahead to register)

6:00 PM Pick-up Volleyball (not on vacation weeks)

6:30 PM Slow Flow Yoga w/ Brittany (call ahead to register)



### Wednesdays:

7:30 AM Slow Flow Yoga w/ Brittany (call ahead to register)

8:30 AM Spin Class w/ Brittany (call ahead to register)

### Thursdays:

7:30 AM Beginner Weight lifting w/Diane

4:30 PM Restorative Yoga w/ Brittany (call ahead to register)

5:30 PM Spin Class w/ Brittany (call ahead to register)

6:30 PM Slow Flow Yoga w/ Brittany (call ahead to register)



### Fridays:

7:30 AM Slow Flow Yoga w/ Brittany (call ahead to register)

8:30 AM Spin Class w/ Brittany (call ahead to register)

### Saturdays:

10:00 AM Yoga Flow w/ Emily



### Sundays:

7:00 AM Yoga Flow w/ Emily

See individual flyers @ [www.carrabassettvalley.org](http://www.carrabassettvalley.org) or

call AGC @ 207-237-5566 for more details on each program.

A current waiver is required for participation in all programs.