

Join Certified Instructor

Diane Stone

Every Thursday @ 7:30 AM



Beginner/Intermediate Lifting Class



Participants will learn proper lifting techniques using lower weights with more reps. The class will provide a full body workout in 60 minutes!

Location: Anti-Gravity Complex

3207 Carrabassett Drive

Fee: \$12.00 per class.

Please bring cash or check for the instructor.

All participants are required to sign a waiver.

**Please call the AGC @ 207-237-5566
for questions or email**

Diane@dpstone32@gmail.com

Hosted by the Carrabassett Valley Recreation Department.