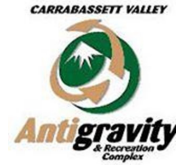


Carrabassett Valley Recreation Department

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)

6:30 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)



See individual flyers @ 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.