

JOIN OUR CERTIFIED INSTRUCTOR

DIANE STONE

EVERY TUESDAY @ 7:30 AM

Cycle/Core

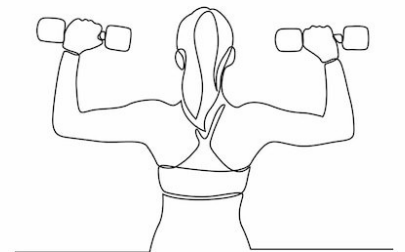
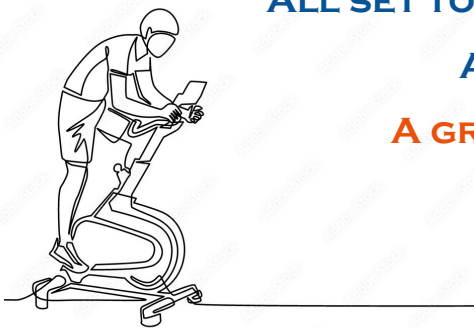
COME TRY THIS COMBINATION COURSE.

20 MINUTES OF LOW IMPACT, HIGH INTENSITY RIDING, FOLLOWED BY 20 MINUTES OF CORE EXERCISES.

ALL SET TO MOTIVATING, HIGH ENERGY MUSIC.

ALL ABILITIES WELCOME.

A GREAT WAY TO START THE DAY!



LOCATION: ANTI-GRAVITY COMPLEX

3207 CARRABASSETT VALLEY

FEE: \$12.00 PER CLASS

PLEASE BRING CASH OR CHECK FOR INSTRUCTOR.

ALL PARTICIPANTS ARE REQUIRED TO SIGN A WAIVER.

PLEASE CALL THE AGC @ 207-237-5566

OR EMAIL DIANE @

DPSTONE32@GMAIL.COM FOR QUESTIONS.

CARRABASSETT VALLEY



Sponsored by The Town of Carrabasset Valley Recreation Department