

SHRED MILL



A 45-minute cardio based class on the treadmills!

Work intervals, distance, and have some fun strength training in between!
This class is geared towards running anywhere from a total of 2-5 miles/class
with intermittent rounds of full body strength training. Bring your running shoes
and stay in shape this fall with long time runner and coach Annie Parsons!

Thursdays • 6:00-6:45am
October 11 - December 6

Instructor: Annie Parsons • Where: Cardio Room Treadmills
\$120 members / \$195 nonmembers

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

