

12 Days of Wellness

STRETCHY MAGOO

Saturday, December 8 • 9:45-10:15am



JOIN US FOR SELF-ASSISTED STRETCHING USING STRAPS

You'll learn how to improve joint range of motion, lengthen tight muscles and experience a heightened overall sense of well-being.

Wear comfortable loose fitting clothing or workout attire.

With Sean Hunt

FREE

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.

THE
SWIMMING
HOLE