

Women's Fall Fitness Clinic

at
the Nordic Heritage Center

In need of some motivation to work out this fall?
Join Maine Winter Sports Center women athletes
and coaches for an afternoon of fitness and fun!

When: Saturday September 20th from 1-4pm

Who: Women of all ages. Bring your friends!

Cost: Free

What to Bring: Sneakers, comfortable clothes, plenty of water, xc ski poles and yoga mat if you have them, helmet if you want to try roller skiing.

Schedule:

1:00pm – Arrive at Nordic Heritage Center

1:15pm – Nordic walking (bring your own poles or use ours)

2:00pm – Core strength

2:45pm – Yoga

3:30pm – Try out rollerskiing or shoot a biathlon rifle

For more information contact Melissa York at
melissa@mainewsc.org or 227-0250



The Nordic Heritage Center is located on
Route 167 in Presque Isle.