

## FITNESS AND WELLNESS

Public Walking Trails - The trails are perfect for walking, running, and biking in the summer and skiing and snowshoeing in the winter. Trail entrances: Behind the high school behind the tennis courts, or, off of the Lee Road at the Rec Lot.



Penobscot Valley Hospital Fitness Center

37 Main St. Lincoln

[www.pvhme.org/gym](http://www.pvhme.org/gym)

207-794-7228

Gym hours are weekdays from 7:00 am to 8:00 pm, except on Thursdays when they close at 4:00 pm. No weekend hours.

Equipment includes:

Full spectrum of cardio exercise equipment

Universal free weight machines

Free weights  
Stability and therapy balls  
Space dedicated for floor stretches and core strengthening  
Showers and changing rooms are available to our gym participants.

#### Tai Chi

By Beatrice Szantyr and Jeannette Ruhl  
[Szantyr@gmail.com](mailto:Szantyr@gmail.com)

Classes announced in the Lincoln newspaper  
Next session starting March 7, 2016 @ 6:00 -7:15pm

#### Health Access

175 W. Broadway  
Classes held in conference room (lower back entrance of building)

#### St2dio Fit

126 Penobscot Valley Ave  
Lincoln  
207-907-0421

[Jwotton29@gmail.com](mailto:Jwotton29@gmail.com)

Class schedules listed on face book  
<https://www.facebook.com/studiofitgroup/>

Classes: Tabata, Body Combat, Body Toning with weights, Zumba, Yoga  
Classes for Seniors : Fit for Life, Zumba Gold, Gentle Yoga

#### Flippin Fun Dance Studio

247 Sweet Rd  
Sarah Sutherland  
[Sarah@flippinfundancestudio.com](mailto:Sarah@flippinfundancestudio.com)  
207-794-4640

<http://www.flippinfundancestudio.com/>

<https://www.facebook.com/FlippinFunDanceStudio/>

#### Spa Services

##### Capello Hair Studio and Day Spa

184 W. Broadway  
Lincoln  
207-794-6145

<https://www.facebook.com/Capello-Hair-Studio-and-Day-Spa-29592039...>

Services offered: Hair, nails, pedicure's, facials, tanning (spray), waxing, massage, ear candleing, eye lash tint, ear piercing

High Performance Hair and Tanning

42 Main St.

Lincoln

207-794-6260

<https://www.facebook.com/High-Performance-Hair-Tanning-186965728...>

Services offered: hair, nails, pedicures, waxing, massage and fitness classes

Transition Hair and Tanning

104 Main St, Lincoln

207-794-0909

<https://www.facebook.com/transitionhairtanning/>

Services offered: hair, nails, pedicures, waxing , tanning, princess parties