

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

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

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

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

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