#### Do you want to get updates on Cedardale's new building progress?

Want to keep up with programs, classes and activities at Cedardale Andover?

# You can do that and more by following Cedardale on **Instagram**

### It only takes a couple minutes.

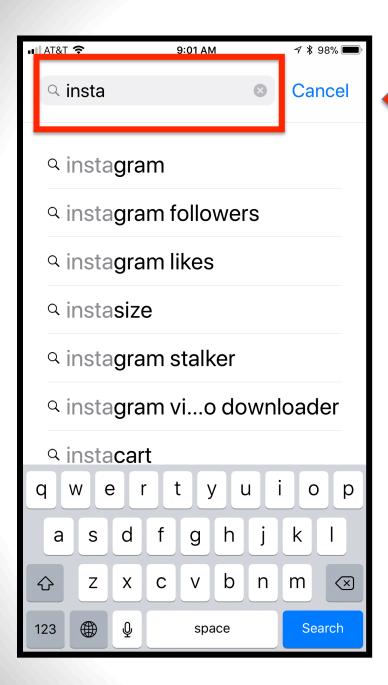
# Start by downloading the Instagram App on your mobile device.



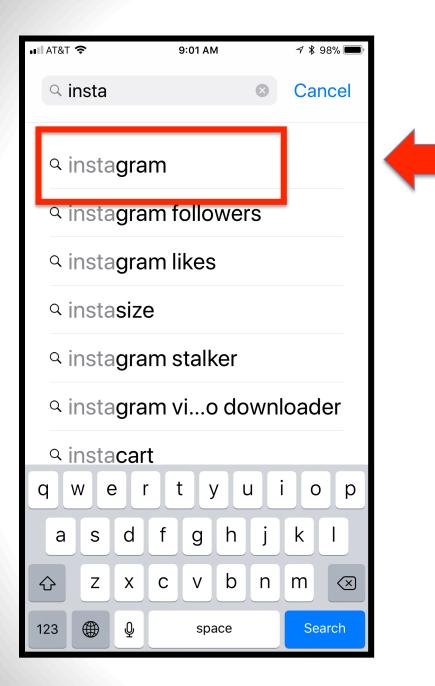
### Here's an iPhone Example... Click App Store Icon



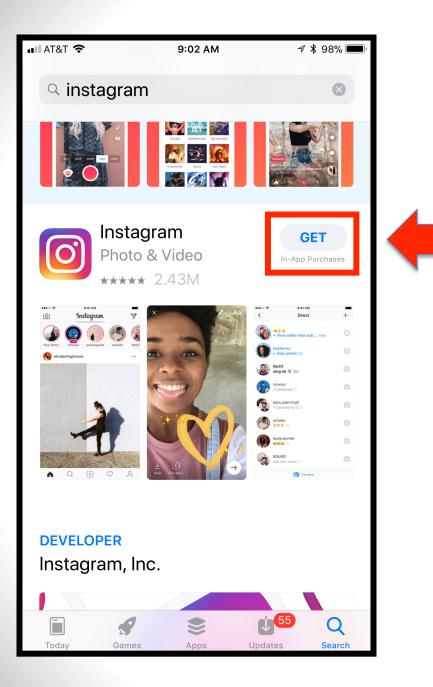




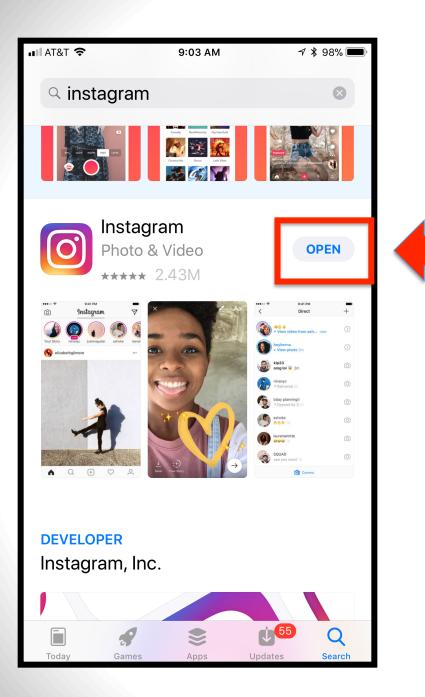
Start typing "instagram" in the search bar.



### Choose "instagram".

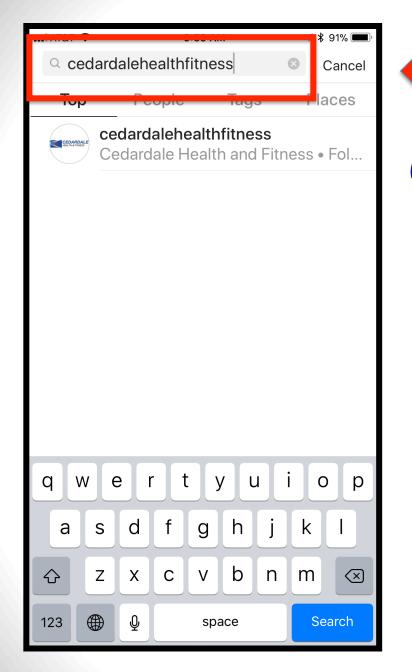


### Click GET.



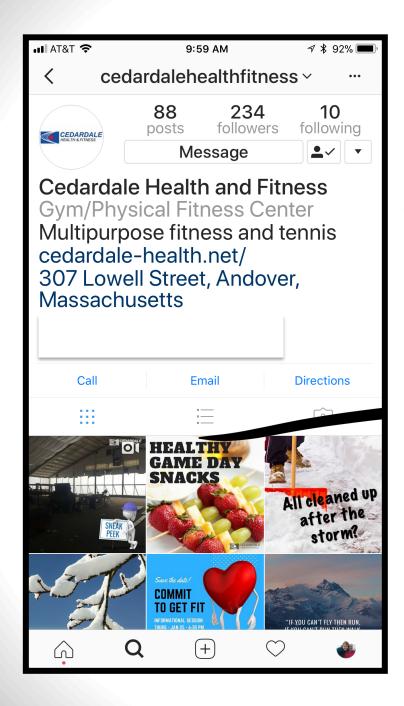
#### Click OPEN.

<b>Instagram</b> Sign up to see photos and videos from your friends.	You may log in with Facebook or enter your information
CR  Mobile Number or Email  Full Name	
Username Password Sign up	
By signing up, you agree to our Terms & Privacy Policy.	

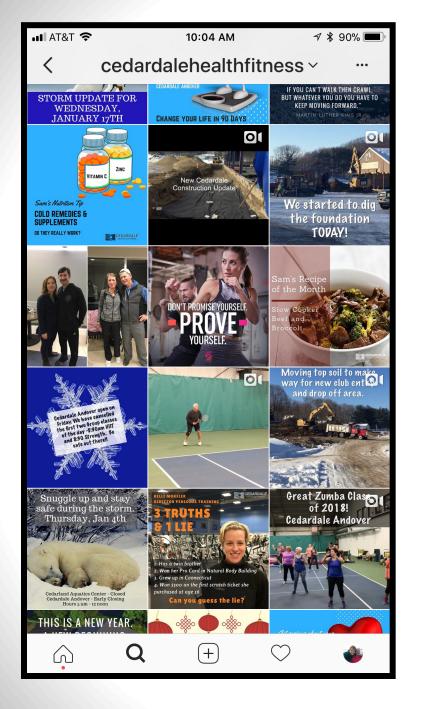


# Search for us.

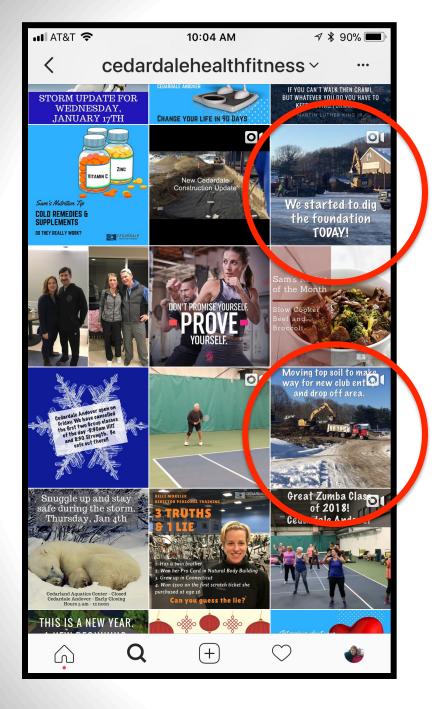
#### @cedardalehealthfitness



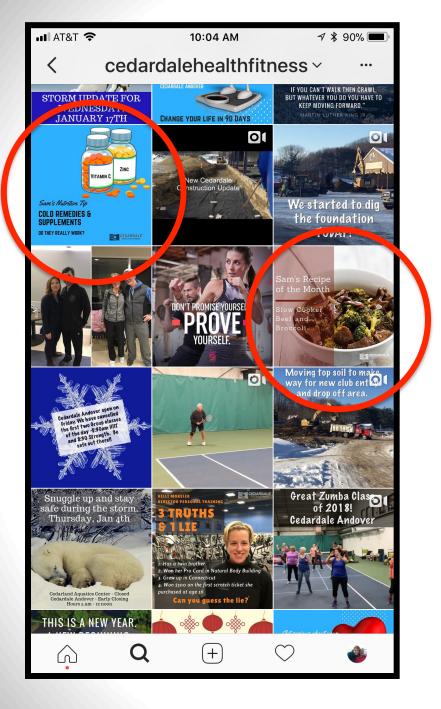
# Brings you to our page.



Scroll through and check out some of our previous posts!



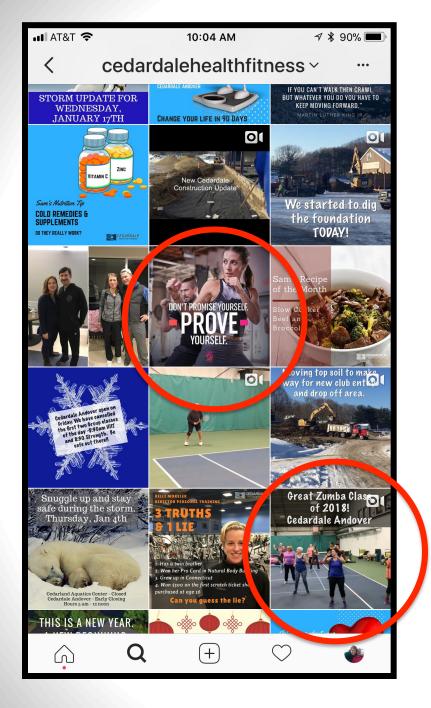
### New Building Updates



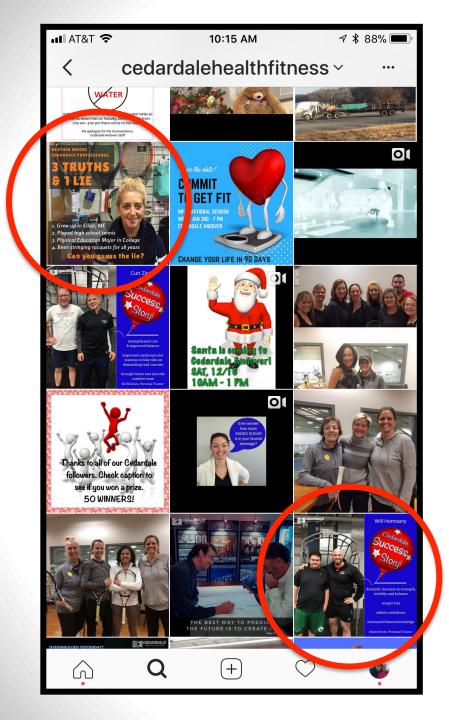
# Sam's Recipes & Nutrition Tips



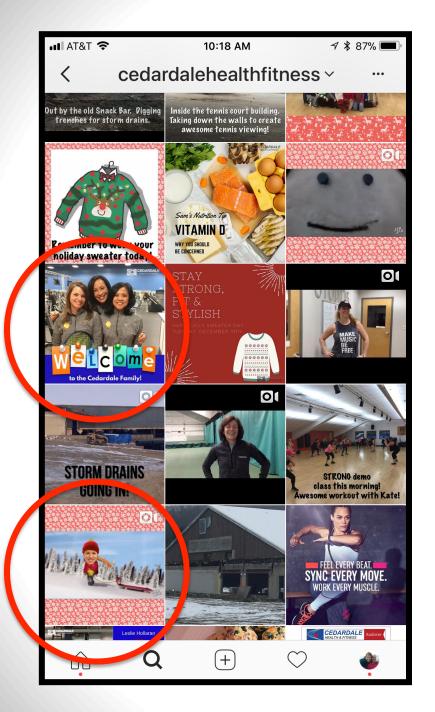
### Tennis Events and Matches!



### Group Fitness Programs & Videos!



## Featured Staff Members & Cedardale Success Stories!



# Friendly faces & zany videos!

#### @cedardalehealthfitness

### Get social with Cedardale. Follow us on Instagram TODAY!

