

New Year, New You!

NEW BEGINNINGS



Have you been putting off starting an exercise program?

Do you want to start but don't know what to do, or how to use the equipment?

Are you nervous to step foot in a gym?

**Sean Hunt, Personal Training Manager, is here to guide you,
in a supportive and safe environment.**

*You'll receive a personalized program, and learn how to use
fitness equipment to best achieve your personal fitness goals.*

**Wednesdays • 10:30-11:30am
January 9 - February 27**

\$280 Members / \$395 Nonmembers (Includes membership to TSH 1/9-2/27)

Max 4pp • Pre-registration Required • Sign-up at the Front Desk

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