New Year, New You BEGINNIGS



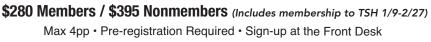
Have you been putting off starting an exercise program?

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





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.