

Squat, Lunge, Kick, Push Pull in the water!



H₂O BOOT CAMP

Take it to the water this January with H2O Boot Camp!

High Intensity Training Easy On The Joints
Full Body Workout • Builds Strength & Endurance
Fun, No Workout Is The Same • Blasts Major Calories

Wednesdays • 8:30-9:25am
Jan. 10 - Feb. 14

Instructor: Charlotte Brynn • \$75 Members / \$105 Nonmembers

Limited to 10pp, reserve your spot early! • 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.

