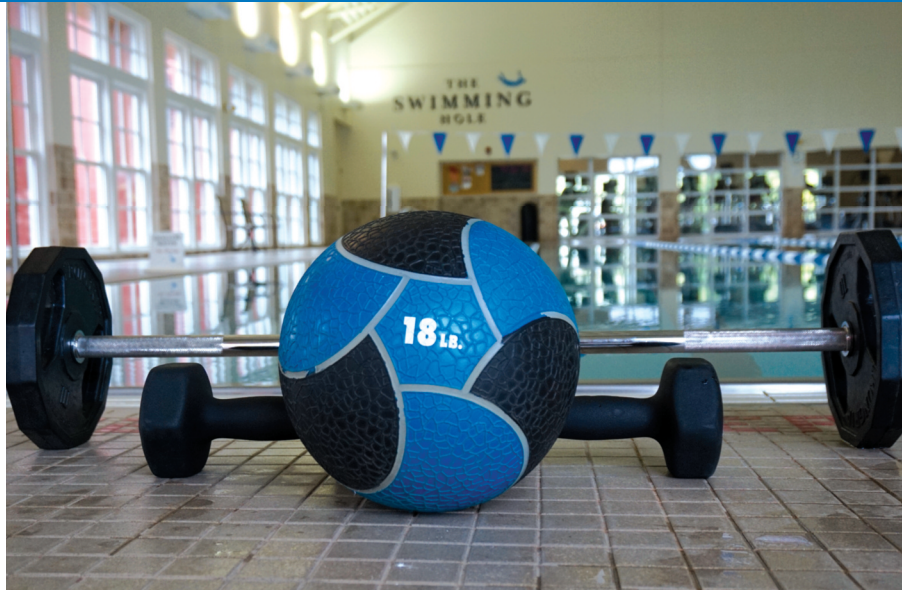


SPEEDO FIT

DISCOVER THE POWER OF WATER



Searching for a fresh new challenge? Rethink the pool.

In the water you'll find the best workout with SPEEDO FIT!

SPEEDO FIT delivers a workout that maximizes every muscular contraction, while offering natural compression, with faster recovery and better results.

The water has properties that deliver strength & endurance you simply can't find on land.

Your choice of Monday 5:45-6:30pm or Wednesday 8:30-9:15am OR signup for both!

Mon, 5:45-6:30pm &/or Wed, 8:30-9:15am

October 17 – December 14 (8 weeks)

(No class Thanksgiving week, 11/21 & 11/24)

Cost: 1 class/week \$100 Members / \$150 Nonmembers (8 weeks-1 class/week)

2 classes/week \$150 Members / \$195 Nonmembers (8 weeks-2 classes/week)

Instructors: Mon - Heidi Brynn & Wed - Charlotte Brynn

You must be able to tread water for 60 seconds, speedo fit water shoes are recommended • Space limited, reserve your spot today

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.

