

PRIMAL[®]

SPORTS CONDITIONING



Primal[®] Sports Conditioning is a fusion of high intensity with a first of its kind recovery circuit making you bullet proof to injury and optimizing the highest level of performance.

Look, Feel, and Perform your best in 2017!

6 weeks, 12 world class workouts delivered by Ron McConnell, trainer of elite athletes, including - snowboarders, surfers, track & field athletes

Tuesdays • 5:00-6:00pm

March 21 - June 6

(12 weeks)

with Ron McConnell - \$150 members / \$225 nonmembers / \$20 Drop in per class
Space Limited: Sign up early to secure your spot.



The Primal Trainer[®] & Primal Training[®] was invented and developed in 1999 by The Swimming Hole Fitness Director Ron McConnell (ACSM Exercise Physiologist, C.H.E.K Practitioner, and 1996 Olympic Trials Athlete/ WMA Track and Field World Champion). The Primal[®] Full-body Training System is gaining popularity among top Physicians, Trainers, & Therapists, as well as Military personnel, Industry Leading Executives and Senior populations. Those with Physical Challenges have also seen overall health benefits of Primal Training[®].

THE
SWIMMING
HOLE