

# SPEEDO FIT

DISCOVER THE POWER OF WATER



High intensity conditioning H2O class that will get you in your best shape for winter.

**Boost your aerobic fitness, build core strength,  
in this fun, highly motivating class!**

You'll drag equipment, lift equipment, and swim with equipment, all while using the water's resistive properties to give you one kick butt workout.

**Wednesday's, 8:30-9:30am**  
**October 4 - November 29 (8 weeks)**  
(No class Thanksgiving week - November 22)

**Cost:** \$120/session Members & \$150/session Nonmembers      **Single Class Drop-In:** \$20

**Trainer in charge:** Charlotte Brynn

Must be able to tread water for 1 minute, and swim a lap of the pool any stroke.  
Space limited to 12pp, reserve your spot today!

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE  
SWIMMING  
HOLE