

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.

Wednesdays, 8:30-9:30am
October 10 - November 28 (8 weeks)
(No class Thanksgiving week - November 21)

Cost: \$120/session Members & \$195/session Nonmembers • **Single Class Drop-In:** \$20
Trainer in charge: Sean Hunt

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

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

THE
SWIMMING
HOLE