

# 12 Days of Wellness

## PERSONAL TRAINING Q&A

Friday, December 7 • 7:15-8:00am



## JOIN SEAN HUNT FOR A Q&A SESSION TO HELP YOU JUMP START YOUR CURRENT WORKOUT!

### Do any of these sound like you?

Have you hit a fitness plateau and aren't sure how to mix up your workouts? Tired of training alone, or coming up with your own workout plans? Or maybe you're recovering from an injury, or going after a specific goal (weight loss, building stronger bones, or training for an event)? Whatever the case, you may benefit from hiring a personal trainer. You may not even notice them while you're at the gym, but these fitness influencers are an amazing—and often untapped—fitness resource.

**FREE**

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