

# Intro to MASTERS WORKOUTS



Learn how to follow a masters workout  
and get more out of your swimming!

More Caloric Burn • More Cardiovascular Conditioning  
More Strength & Endurance Gains • More FUN!

**Mondays • 5:00-5:45pm**  
**October 14 - November 18**

**Coach: Charlotte Brynn**

**\$70 Members / \$95 Nonmembers**

Open to all levels • Pre-registration Required • Sign-up at the Front Desk

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