

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 7 - November 11**

Coach: Marissa Olsen

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

THE
SWIMMING
HOLE