

# DIVE INTO FITNESS!!

*Are you....*

*Interested in an aqua personal trainer?*

*A non-swimmer looking for lessons?*

*Wanting to redefine your stroke technique?*

*Looking for new pool workout ideas?*

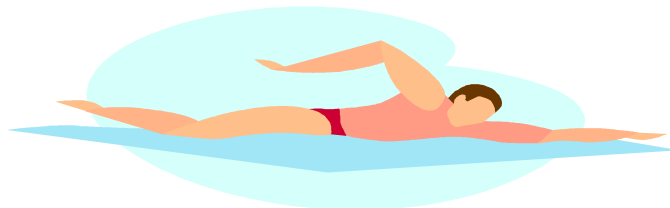
*A novice swimmer needing help with the basics?*

*Tired of swimming laps?*

The Kirmayer Fitness Center is now offering one-on-one and group aquatic personal training to help meet your exercise or personal goals.

*All ages (14+) and experience levels are welcome.*

For more information or to set up an appointment contact Marcy at 588-7702.



Services are available to Kirmayer members and non-members.