

ENDURANCE ADULT SWIM WORKOUT

OPEN TO MEMBERS AND NON-MEMBERS



Sundays or Thursdays
6:00pm - 7:00pm

This workout is specifically designed for adults who wish to improve in the swim portion of competition and for those who want to train for endurance and distance. Shave seconds off your time and learn to utilize the stop clock to your body's advantage. The class will also improve overall physical fitness through lap swimming, exercises and drills. Excellent for triathletes!

PREREQUISITE: Able to swim 50 meters (two lengths) front crawl

CLASS MAX: 10 - so secure a spot immediately!

COST: \$40/month (four 1-hr classes) - Fitness Forum members

\$60/month (four 1-hr classes) - non-members

\$20/month optional pool pass for non-members

SIGN UP AT FITNESS FORUM FRONT DESK

**minimum participation required/no refunds/non-transferable*

