

Miscellaneous Info

- ~ All Training Appointments are to be scheduled at the front desk.
- ~ Please fill out a health history form and 'par q' questionnaire (physical activity readiness screening questionnaire) before you meet with your trainer. This will help you both get the most out of your first and future sessions together.
- ~ There is a 24 Hour Cancellation policy for training. You will be charged if you do not cancel within 24 hours notice.
- ~ Only Swimming Hole staff trainers are permitted to personal train at our facility, thanks.
- ~ Training packages are not transferable, refundable or exchangeable for other services.

General Scheduling & Reservations

Front Desk (802) 253-9229

75 WEEKS HILL ROAD

STOWE, VT 05672

WWW.THESWIMMINGHOLESTOWE.COM

PERSONAL TRAINING AT THE SWIMMING HOLE



Trainer Jeremy Bradely, CPT



Improving clients physical condition and quality of life is our focus. Our trainers are certified through some of the top nationally recognized organizations in the world (American College of Sports Medicine, National Academy of Sports Medicine, American Council on Exercise, National Strength and Conditioning Association, and the Aerobics & Fitness Association of America.

Some of our missions...

- ~ Goal specific programs for everyone from first time gym members to high level athletes.
- ~ Teaching & modifying exercises in a safe and effective manner adaptable to any client.
- ~ Functional and FUN training methods.

“A recent study by the American College of Sports Medicine suggests that exercising with a personal trainer can improve your strength by 45% more than exercising without supervision and can help you achieve your goals 30% faster.”

2FIT

SEMI-PRIVATE PERSONAL TRAINING

SHARE THE COST
& ACHIEVE MORE
SUCCESS!

~ Get motivated and stay accountable, train with a buddy with your own personal trainer to enhance your results ~

2FIT TRAINING

Semi-Private Training

\$40 per person per session

2FIT PACKAGE

Semi-Private Training Package

Do you want results & accountability? This 6 week session is just like one-on-one training, book at times convenient to you and a friend 1x/week for 6 weeks, get & complete your homework, and see your progress toward your goals by comparing pre & post body comp tests. **Cost \$250 per person for package**

THE FIT PACK ~

Small Group Training

3-4 Person Personal Training

\$30.00 per person per session

HOW MUCH IS IT?

Rates	Member	NonMember
One Session	\$60	\$75
5 Sessions	\$275	\$360
10 Sessions	\$500	\$650

2Fit Semi Private Training

\$40 Per Person Per Session for 2 people

\$30 Per Person Per Session for 3-4 people

\$250 for 6 Sessions

Specialized trainers may require an additional fee.

HOW OFTEN SHOULD I TRAIN?

That's entirely up to you! Some people need the motivation of a trainer to get them TO the gym ~ those people see their trainers 2-3 times per week.

Some people will go to the gym, but don't know how to spice up their routine to continue to achieve results. Those people might see a trainer once a week for 2-3 weeks, and then check back monthly to get new ideas.

How you use your trainer is up to you ~ but having someone who cares as much about your fitness goals as you do puts a positive pressure on you and gives you motivation to succeed!

OTHER OPTIONS

Training isn't just limited to weightlifting! Some people hire private Spinning® or Kickboxing coaches to get them up to speed before they take a group exercise class. If you're intimidated by group fitness, and want to get to a comfort level of your own without jumping into a class ~ consider Personal Training for it!

Options in one-on-one training include:

- ~ One-on-One Aquatic Therapy
- ~ One-on-One Flexibility Training
- ~ Triathlon Training
- ~ Spinning® Personal Training

You name it ~ choose a trainer with the credentials that match your needs, and most likely they'll help you learn something new.

**CARA
HANCY**

*Specializing in Swim Strength
Training, Weight Loss & Muscle
Contidioning*



I have an interest in working with a variety of clientele, from the advanced athlete looking for sport specific training, recovering from an injury (including shoulder overuse from swimming!), or trying to prevent one, to the client new to the gym looking for a place to start. I like to help people feel strong and confident in their workouts and track progress. I'll tell it to you straight, what you need to do and when you need to do it, leave the decisions to me and you'll enjoy your workouts. Interests include, swimming, hiking, skiing, snowboarding, and the Stowe Triathlon.

Certifications

- ~ AFAA Certified Personal Trainer
- ~ WSI Certified Swim Instructor
- ~ Certified Lifeguard Instructor
- ~ Spinning® Certified Instructor
- ~ Krank College of Knowledge
- ~ AEA Certification

Achievements include qualifying for Master's Long Course Nationals in 2007 in the 50 and 200 meter.

**RON
McCONNELL**

*Fitness Director
Head Trainer
Helping prevent injuries and improve
performance.*



Training Specialties

Post rehab conditioning for shoulders, knees & back.
Special Populations (orthopedic, metabolic, or neurological disorders)
Integrated Functional Training
Advanced Fitness Assessments
OPT (Optimal Performance Training - model used by top professional & Olympic athletes.)
Sports specific workouts (visit www.snowboardhealth.com)

Certifications

American College of Sports Medicine (ACSM) Health & Fitness Specialist
National Academy of Sports Medicine (NASM) Performance Enhancement Specialist
National Academy of Sports Medicine (NASM) Certified Personal Trainer
National Strength & Conditioning Association (NSCA) Certified Personal Trainer
American Council on Exercise (ACE) Certified Personal Trainer
CrossFit Certified Trainer
CrossFit Nutrition Certified
ACSM Certified Cancer Exercise Trainer
CrossFit Certified Gymnastics Instructor

Other Credentials

Personal Training & Sports Conditioning since 1988
2x NCAA Collegiate All American
'96 US Olympic Track & Field Trials Competitor: Javelin
2009 Masters Track and Field
National Champion (Weight Pentathlon)
(Ultra-Weight Pentathlon 35,56,100,200,300lb throw)
Limited Availability \$95.00 per hour

**JEREMY
BRADLEY**

*Specializing in Optimal Performance
Training (used by professional and
Olympic athletes), youth fitness and
personal Spinning® coaching*



I graduated from Lock Haven University of Pennsylvania with a B.S. in Sports Administration. While attending this university, I was a decathlete on the University Track & Field team. After college, I was the Head Coach of my high school track and field team and the Pennsylvanian state runner-up in the High-Jump. Wanting to learn more about exercise physiology, I started to work on my certification to be a personal trainer. Four months later I was certified through NASM (National Academy of Sports Medicine), teaching the fundamentals of the Optimum Performance Training Model. This model is a systematic tool used to safely and effectively help clients to reach their fitness goals.

Certifications

- ~ BS in Sports Administration
- ~ NASM Certified Personal Trainer
- ~ NASM - Performance Enhancement Specialist
- ~ American Red Cross CPR & AED

Certified

- ~ Johnny G Certified Spinning® Instructor
- ~ Track & Field Coach
- ~ Basketball Coach
- ~ Collegiate Decathlete

**MELISSA
VANSLAMBROUK**

*Specializing in Youth Strength
Conditioning, and Sports Specific
Training*



Melissa graduated from the University of Michigan with a B.S.E. in Materials Science & Engineering and a Minor in German. She grew up playing competitive basketball and softball, and she developed a passion for running in college. Later, Melissa trained with one of the Top 100 Trainers in America (Men's Journal, 2004 & 2005), an experience that not only elevated her fitness level, but also inspired her dream of empowering others to live a healthy lifestyle. Today, Melissa helps people define and reach their fitness goals so that they can look, feel, and perform at their best. She works with clients of all fitness levels, including those new to the gym, youth, and recreational athletes looking to take their fitness programs to the next level. Melissa enjoys spending time with her husband and their golden retriever, as well as running, hiking, yoga, kayaking, basketball, and tennis.

Certifications

National Academy of Sports Medicine
Certified Personal Trainer
Adult CPR & AED American Red Cross

**JOANNA
GRAVES**

*Specializing in Youth Strength
Conditioning, and Sports Specific
Training*



Joanna lives in Stowe with her husband Pete and children, Skyler and Bowman. She has been in the exercise field for 13 years teaching fitness classes. Joanna also has a Bachelor of Science in Nutritional Science and Exercise Science from the University of Vermont, where she played on the Varsity Tennis Team. She currently is the Stowe High School Girls Tennis Coach and the Johnson State College Women's Tennis coach. She ran the Stowe Tennis Club Junior Program for six years and also taught tennis at Topnotch for three years. Joanna also has a Masters in Elementary Education and has taught for several years in the Stowe Elementary School and at Bishop Marshall School. She enjoys playing hockey, golf, running, hiking, listening to music and being outdoors.

Certifications

AFAA Certified Personal Trainer

**MOLLY
LAURIDSEN**

*Specializing in Youth Strength
Conditioning, and Sports Specific
Training*



Molly has been teaching group fitness classes at the Swimming Hole since September 2010 where she completed a 3 month group fitness instructor internship training with Charlotte Brynn, continuing education instructor for AFFA. Growing up in a family where athletics run generations deep, particularly alpine skiing, she found her own love movement and going fast at age 3. Her passion continued through high levels of competition in soccer and cycling. As a trainer Molly will strive to extend her knowledge and love of a healthy lifestyle to her clients, whether they would like to reach their own personal fitness goals, or are athletes, looking to push themselves to their highest level of physical excellence.

Certifications

AFAA Certified Personal Trainer
Johnny G Certified Spinning Instructor

CHARLOTTE

BRYNN

Executive

Director

Fitness to fit

your lifestyle



I specialize in working with people who are looking to regain function, either from a past injury or from inactivity. I also like to work with people to help them gain strength both physically and mentally by achieving goals ~ whether they be performance based, competitive or non-competitive.

Certifications

- ~ Bachelor's Degree of Physical Education, Otago University, NZ
- ~ AFAA Certified Personal Trainer
- ~ AFAA Certified Fitness Instructor
- ~ AFAA Certified Kickboxing Instructor
- ~ AEA Certified Aquatic Instructor
- ~ Spinning® Certified Instructor
- ~ ASCA Level 2 Swim Coach
- ~ WSI Red Cross Swim Instructor
- ~ NZSCA Certified Swim Instructor
- ~ Certified Ski Instructor

Experience

Involved in fitness & aquatics for 20yrs
One on One Personal Training
Group Exercise Instruction
Swim Coaching & Swim Instruction
Injury Rehabilitation
Physical Therapy Assistant with patient rehab, including strengthening, stretching & general conditioning

\$95 Per Hour

Limited Availability Weekdays by Appointment