

PRIMAL[®]

SPORTS CONDITIONING



Primal[®] Sports Conditioning is a fusion of high intensity with a first of its kind recovery circuit making you bullet proof to injury and optimizing the highest level of performance.

Prepare smart to be best prepared for your winter recreation. Improve your strength, flexibility and balance. Work effectively & safely at your own pace with personalized attention. You'll benefit from your own personal analysis, to ensure you are enhancing your fitness not hurting it.

10 weeks, 20 world class workouts delivered by Ron McConnell, trainer of elite athletes, including - snowboarders, surfers, track & field athletes

Call for VIP invite to special preview class Tuesday, September 20 • 5:15-6:15pm FREE

Tuesdays & Thursdays • 5:15-6:15pm

October 10 - December 22 (10 weeks)

(No Classes Thanksgiving week 11/22 & 11/24)

with Ron McConnell \$295 members / \$395 nonmembers
Space Limited: Sign Up early to secure your spot.



The Primal Trainer[®] & Primal Training[®] was invented and developed in 1999 by The Swimming Hole Fitness Director Ron McConnell (ACSM Exercise Physiologist, C.H.E.K Practitioner, and 1996 Olympic Trials Athlete/ WMA Track and Field World Champion). The Primal[®] Full-body Training System is gaining popularity among top Physicians, Trainers, & Therapists, as well as Military personnel, Industry Leading Executives and Senior populations. Those with Physical Challenges have also seen overall health benefits of Primal Training[®].

THE
SWIMMING
HOLE