

## Optimal Exercise

27B Maplewood Avenue  
Cranbury, New Jersey 08512  
609-462-7722

### **Special Programs for Cranbury Swim Club members July 2010**

#### **Training for Swim and Dive Team members**

- One-to-One Instruction for Strength Training, Core, and Flexibility
- Parent trains free during the athletes' session
- 30 minute sessions, suggested twice/week

#### **Training for Adult Swim Club members**

- One-to-One Instruction for Strength Training, Core, and Flexibility
- 30 minute sessions, suggested twice/week
- Additional cardio available before or after session at no charge

#### **Do You Already Work Out Regularly?**

- One hour consultation with trainer
- Fitness Assessment, Program Review, Learn New Exercises...your choice
- In studio or your location

10% discount for Cranbury Swim Club members through July and August; please call Bill DeSimone for current fees and availability.

Video tour of the studio at [youtube.com/optimalex](http://youtube.com/optimalex).

**For an in-person tour or to ask questions in person, we'll have an open house on Monday, July 12, at 6 PM at the studio.**

**Second year of sponsoring the Swim and Dive Team**

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