

**Would you like to swim faster, smoother and
for longer?**

At tri:fitness you will receive one-to-one expert coaching providing 100% focus on you and your technique in our unique, state of the art facility. We use the very latest video technology for creating crystal clear footage from above and below the water. Every part of your stroke can be analysed and played back immediately, providing instantaneous feedback and correction. During the session we will work towards a smoother, faster and more efficient you, making positive changes you can both see and feel.

- ◆ Private training pool
- ◆ Fastlane counter current device
- ◆ Four-point underwater camera system
- ◆ Full swim stroke analysis
- ◆ corrective drills and coaching points
- ◆ Personal DVD to take away after every session.

To book and for information:

Tri:Fitness
Crowsridge
Mount St Albans
Catsash
Newport
NP18 1LD

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WINTER SPECIAL

1 hour

Initial consultation, analysis
and correction

2 × ½ hour

Analysis and correction

Package only £100

(saving £15 on normal price)