



BODYZEN AND SWIM GYM JOIN FORCES

Swim faster, swim stronger, swim more efficiently than ever before. Two of South Florida's most dynamic swim coaching companies are joining forces to offer unprecedented swim programs to help you achieve your best!

Whether you're a fitness swimmer, triathlete or open water specialist we have a program to help you improve. All level swimmers are welcome to join us six times per week in a newly refurbished 25 yard pool at the Miami Rowing Club on Key Biscayne.

You'll learn the proper elements to the swim stroke as well as push yourself to new levels of speed. Head coach Robert Strauss has been a staple on the Miami swim coaching scene for over 30 years and has coached elite as well as amateur swimmers to new heights. Robert and his staff have developed a unique system to help even the most aquatically challenged swimmers reach their potential. BodyZen Lead Coaches Lee and Erinne Zohlman have been coaching swimmers and triathletes for over 10 years and have worked with some of the top Professional and Age Group athletes out there. BodyZen's philosophy is to teach the athlete not just to float well but to swim fast using their progress oriented workouts.

Additionally, athletes will be able to receive workouts designed for their specific race distances.



Times:

Monday 6-7:30am and 6-7:15pm

Wednesday 6-7:30am and 6-7:15pm

Thursday 6-7:15pm

Friday 6-7:30am

Price: \$50.00 per month, come to one or all swim sessions for the same price

Location: 3601 Rickenbacker Cswy 33149
Miami Rowing Club

Register: At location

BodyZen: 305-663-6148
Swim Gym Office: 305-273-1129

www.bodyzen.com www.swimgym.net