

# Free Aquatic Cross Training

Northshorept.com

## Are you a high level athlete looking for alternative indoor Cardiovascular exercises?

Aquatic exercise can be surprisingly intense. Olympic and professional athletes are using water to cross-train and rehabilitate injuries.

### Learn deep water techniques including:

- Deep water running, interval training
- Cross-country ski techniques
- High level abdominal exercises

Get on your swimsuit and join Susan in the Salem YMCA lap pool!

1 Sewall St  
Salem, Ma 01970

November 10<sup>th</sup> 2011, 6:30-7:15 PM

Free to YMCA members  
\$5.00 for non-members.

Call now to reserve your space!

North Shore Physical therapy  
781-631-8250

Bring a water bottle to stay hydrated!



Susan Finigan, BS, PTA, ATRIC,  
Certified Personal Trainer

Susan Finigan, from North Shore Physical Therapy, will teach you aquatic deep water techniques that will challenge the best of you. From the advanced novice to the accomplished tri-athlete, these techniques will help you gain that competitive edge.

Susan will also be available to answer questions regarding any injuries that you may have experienced.