

CLASS LOCATIONS:

Kim Stirtan teaches classes at several locations throughout East Lyme.

They include:

➔ East Lyme Community Center (ELCC)

739-5828

➔ East Lyme Aquatic & Fitness Center (ELHS)

739-6946

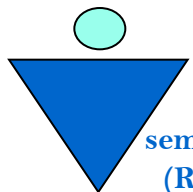
➔ Eastern Connecticut Ballet (ECB)

739-7899

Pilates Studio Open
Monday-Saturday

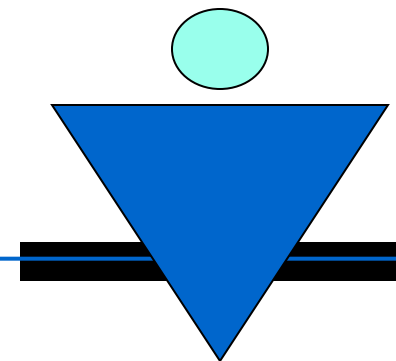
CLASS SCHEDULE:

MON	TUES	THURS	SAT
	7:30AM AQUAFIT (ELHS)	7:30AM AQUAFIT (ELHS)	*6:30 AM Running group Spring-Fall
		10:15AM BODY SCULPTING (ELCC)	
9:15AM PILATES (ECB)			
	6:30PM BEG/INT PILATES (ELCC)		
	7:15PM INT/ADV PILATES (ELCC)		



D.K. Personal Training

Call to schedule a private or semi-private Pilates Session (Mon-Sat)
(Reformer, Cadillac, Chair & Barrel)



D.K. Personal Training

D. Kim Stirtan,
B.S.P.E, A.C.E., STOTT

860-235-7731

860-691-1536

dkpersonaltraining.com



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BACKGROUND

Kim Stirtan has a Bachelor of Physical Education specializing in Health & Fitness from the University of Saskatchewan in Canada.

Before arriving in the United States, Kim trained fitness instructors for the British Columbia Parks & Recreation Association. She also served as Director of the YMCA.

Kim began teaching Group Fitness classes in 1984, and Personal Training in 1990.

SPECIALTIES

Presently, Kim works with World Instructor Training School (WITS) certifying Personal Trainers and Aquafit Instructors. (www.csdept@witseducation.com)

Kim's specialty is working with clients in post-injury rehabilitation, and weight loss. She also frequently works with athletes, mainly runners and tri-athletes.

Kim has also been recognized by IDEA Health & Fitness Association, one of the oldest and most respected fitness associations, as a PFT Master (personal fitness trainer), their highest recognition.

CERTIFICATIONS

Kim's certifications include:

- Aqua-fit Instructor
- Personal Trainer
- Group Fitness Instructor
- Adv. Health/Fitness Spec.
- Active Isolated Stretching
- Stott Pilates Instructor
- TRX Certified
- USATF Certified

FEES

Pilates Private session: \$70-\$130

Pilates Semi-Private: \$45-\$55

Personal Training: \$65

Active Isolated Stretching:\$70-\$130

(CT Tax Included)