

## CLASS LOCATIONS:

Kim Stirtan teaches classes at several locations throughout East Lyme.

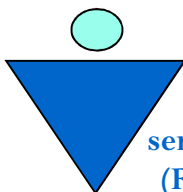
They include:

- ➔ East Lyme Community Center (ELCC)  
739-5828
- ➔ East Lyme Aquatic & Fitness Center (ELHS)  
739-6946
- ➔ Eastern Connecticut Ballet School (ECBS)  
739-7899

Pilates Studio Open  
Monday-Saturday

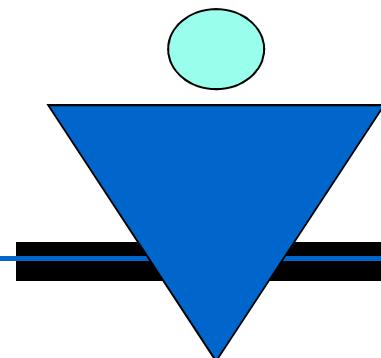
## CLASS SCHEDULE:

MON	TUES	THURS	SAT
	7:30AM AQUAFIT (ELHS)	7:30AM AQUAFIT (ELHS)	*6:30 AM Running group spring-fall
9:15AM PILATES (ECBS)			
	6:30PM BEG/INT 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](http://DKPersonalTraining.com)

[kimstirtan@gmail.com](mailto:kimstirtan@gmail.com)



## **D.K. Personal Training**

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860-235-7731; 860-691-1536  
Dkpersonaltraining.com  
kimstirtan@gmail.com**

## **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](http://www.csdept@witseducation.com))

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

- Chi Running
- 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: \$80-\$130

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

Personal Training: \$80-\$130

Active Isolated Stretching: \$80-\$130

(CT Tax Included)