



CLASS LOCATIONS:

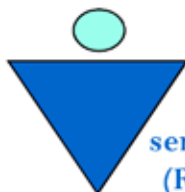
Kim Stirtan teaches classes
at several locations
throughout East Lyme.
They include:

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

Pilates Studio Open
Monday-Saturday

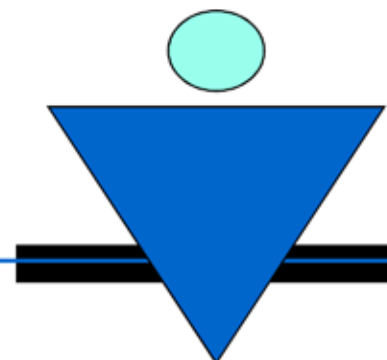
CLASS SCHEDULE:

MON	TUES	THURS
	7:30AM AQUAFIT (ELHS)	7:30AM AQUAFIT (ELHS)
9:15AM PILATES (ECB)		
	6:30PM FASCIAL RELEASE (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

kimstirtan@gmail.com



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B.S.P.E, A.C.E., STOTT
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)

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)