

# OFF-ICE CONDITIONING CLASS FOR SKATERS

**WEDNESDAYS: 5:30-6:00 PM**

**SATURDAYS: 10:30-11:00 AM**

**Fall 2 (7 weeks): October 22nd-December 23rd**

**No class the weeks of October 29th and November 19th**

**FEE: \$103**

**Pre-requisite: Basic 3 & up**

Supplement your skating with these valuable off-ice classes! Build endurance and improve flexibility with the Off-Ice Conditioning class designed specifically for skaters. This 30-minute class focuses on the needs of a skater to enhance their athletic ability.

Register online at [www.leafsicecentre.com](http://www.leafsicecentre.com)

