



## High Off Ice Class

This class is designed for the Freeskate 5 skaters and up. You will work on building stamina, strength and conditioning.

We will focus on:

- Upper body conditioning
- Building core strength
- Plyometric exercises
- Rotations
- Axels



Friday's 5:05p-5:35p

\$110 per session/ Walk on fee \$25.00

Spring 2: April 23<sup>rd</sup>-June 24<sup>th</sup>

No class the week of April 30<sup>th</sup>