



High Off Ice Class

This class is designed for the Free Skate 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

\$118 per session/ Walk on fee \$25.00

Fall 1: August 27th-October 21st