



High Off Ice Class

This class is designed for the FreeSkate 5 skater and up. You will work on building Stamina, and Conditioning.

We will focus on:

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



Friday's 5p-5:40p

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

Spring 2: May 8th- July 2nd