



## 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

\$103 per session/ Walk on fee \$25.00

Fall 2: October 22nd- December 23<sup>rd</sup>

No class the weeks of October 29<sup>th</sup> and November 19th