



Off-Ice Conditioning Class for Skaters

A great athletic work-out for the “whole skater”

**New
Class**

Wednesdays 4:40-5:10 p.m.

Session 4 Mar. 10- May 5 (8 weeks)

Fee: \$96 (Walk-on rate \$15)

no class April 28

A 30 minute class off ice including:

- ✓ Strength Training
- ✓ Endurance Exercises
- ✓ Flexibility and Core Strengthening
- ✓ Jump Techniques



*Silver
Leafs*

Register in person or online at
www.leafsicecentre.com



**LEAFS
ICE CENTRE**

847.844.8700

www.leafsicecentre.com

Leafs Ice Centre is a non-profit 501(c)(3) organization

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