



Off-Ice Classes



Supplement your skating with these valuable off-ice classes!

Off-Ice Conditioning Class

(All levels)

A great athletic work-out for the "whole skater" including strength training, endurance exercises and jump techniques.

Wed 6:15-6:45 pm

Fri 5:30-6:00 pm

FEE: \$104 (Walk-on rate \$15)

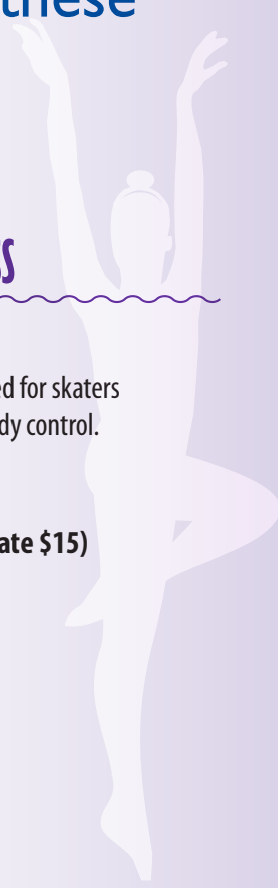
Dance & Style Class

(All levels)

Dance class specially designed for skaters emphasizing posture and body control.

Thu 6:30-7:00 pm

FEE: \$104 (Walk-on rate \$15)



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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