



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 5:05p-5:35p

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

Fall 1: August 28th-October 29th

No class Sept. 18th-24th