



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 2: November 6th- January 14th

No class Nov. 20th -26th & Dec. 18th-24th