

High Off Ice Class

This class is designed for the Freeskate 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

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

Summer: June 25th- August 28th

No class the week of July 2nd