

September 2017

(August 28,29,30,31)

OFF - ICE CONDITIONING

NAME _____

*All classes will meet in the conditioning room located
in the green rink.*

Monday284111825

12:00 - 12:45 PMJumps/HarnessStrength & Cardio / Core

Nancy

Tuesday295121926

4:30 - 5:00 PMBalance/AgilityCore/Circuit

Nancy

5:00 - 5:45 PMBalance/FlexibilityStrength / Pilates Plus

Nancy

Wednesday306132027

4:45 - 5:30 PMJumps/HarnessStrength & Cardio / Core

Nancy

Thursday317142128

5:30 - 6:30 PMBallet

Teri

Friday18152229

4:30-5:30 PMPlyo/CircuitFoam Roll / Pilates Plus

Nancy

Come prepared to all classes with tennis shoes (cross-training),
jump rope, water bottle, layers for going outside

Notice:
Off-Ice Contracts are *due , Monday, August 28.*
No contracts will be accepted after the due date.
Drop-in rates will apply for those without contracts.
ALL Off-Ice Contracts *must* be received with payment.
Contracts without payment will not be accepted.

Parent

Address

E-Mail

Phone

Number of Off-Ice Sessions requested @\$4.00per session 30 min

Number of Off-Ice Sessions requested @\$6.00per session 45 min

Number of Off-Ice Sessions requested @\$8.00per session 1 hour

TOTAL DUE