NAME

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

Tuesday	=	2	9	16	23	30						
4:30 - 5:15 PM Nancy	Circuit/Flexability				NA							
- Talley							Friday	_	5	12	19	26
							4:30 - 5:30 PM Nancy	Plyo/HIIT/ Foam Rolling		NA	$\triangle$	
Wednesday	_	3	10	17	24	31						
5:05 - 6:05 PM Nancy	Jumps/Harness/ Strength	NA			NA							

## **Notice:**

Off-Ice Contracts are due:

Monday, July 8th.

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.

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

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

	X	4	=	
	x	6	=	
	x	8	=	
TOTAL DUE				