August 1 - 9, 2019

OFF - ICE CONDITIONING

NAME _____

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

Tuesday **6**

4:30 - 5:15 PM Circuit/Flexability **NA**
Nancy

Wednesday **7**

5:05 - 6:05 PM Jumps/Harness/ **NA**
Nancy Strength

Friday **2** **9**

4:30 - 5:30 PM Plyo/HIIT/ △ △
Nancy Foam Rolling

Notice:
Off-Ice Contracts are *due*:
Monday,August 5th.
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 _____ x 4 = _____
Number of **Off-Ice Sessions** requested @ $6.00per session 45 min _____ x 6 = _____
Number of **Off-Ice Sessions** requested @ $8.00per session 1 hour △ x 8 = _____

TOTAL DUE _____