

OFF-ICE TRAINING BRAEMAR ICE ARENA

Essentials for Figure Skaters

The sport of figure skating requires strength, body awareness, stamina, good posture, musicality, flexibility, power, and all packaged in a graceful and artistic body. The classes offered are designed to teach the important elements needed to create a whole athlete. Attention to body alignment and body care practices develop a healthy athlete. Lisa's 17 years of experience working specifically with figure skaters helps each athlete develop to their highest potential. Lisa's background as a professional ballerina, ballroom dancer, certified pilates instructor, trainer and competitive athlete provides skaters the balance of artistry and athletic achievement.



Please circle classes attending:

BALLET ESSENTIALS	Monday 5:00 – 5:45	September 10, 17, 24 October 1, 8, 15
CORE / PILATES	Monday 6:00-6:45	
FLEXIBILITY & ALIGNMENT	Wednesday 5:00 – 5:45	September 5, 12, 19, 26 October 3, 10, 17
CORE CONDITIONING	Saturday 10:30 – 11:15	September 8, 15, 22, 29 October 4, 11, 18

REGISTRATION:

NAME: _____ PHONE _____
COACH _____ EMAIL: _____

\$15.00 per class

Mail to : Lisa Zamarripa- 5626 Hyland Courts Drive Bloomington, Mn. 55437
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