

Off-Ice Training

2018

Braemar Ice Arena



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:30 Pilates & warm up \$10.00 per class 11 weeks 10:00- 10:45 Core / Dance 11 weeks		9:00 – 9:45 Core Conditioning Level 1 & 2 \$15.00 per class 10 weeks No class July 4	9:00 -9:45 Ballet Technique \$15.00 per class 11 weeks	10:00 -10:45 Flexibility and Alignment \$15.00 per class 10 weeks No class June 22
2:00 – 3:00 Elite Ballet \$15.00 per class 11 weeks	12:05 – 12:50 Strength and Conditioning \$15.00 per class 11 weeks		12:05 – 12:35 Performance and movement Skills \$10.00 per class 11 weeks	



Offering a variety of sport specific classes designed to progress and build a strong foundation of movement , fitness level, education and motivation to each athlete!

June 11-August 24

Registration Form: (Required)

NAME _____ AGE: _____

COACH: _____ PHONE: _____

EMAIL: _____

Please circle the classes and number of weeks attending.

Makes Checks payable to : Lisa Zamarripa 612-735-2204 lzamarripa@comcast.net
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