

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	October 22,29 November 5, 12, 26 December 3, 10, 17
CORE / PILATES	Monday 6:00-6:45	
FLEXIBILITY & ALIGNMENT	Wednesday 5:00 – 5:45	October 24,31 November 7, 14, 28 December 5, 12, 19
CORE CONDITIONING	Saturday 10:30 – 11:15	October 27 November 3, 10 December 1, 8, 15

REGISTRATION:

NAME: _____ PHONE _____
 COACH _____ EMAIL: _____

\$15.00 per class

Mail to : Lisa Zamarripa- 5626 Hyland Courts Drive Bloomington, Mn. 55437
 612-735-2204 lzamarripa@comcast.net