

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	January 7, 14, 21, 28 February 4, 11, 18, 25 March 4
CORE / PILATES	Monday 6:00-6:45	
FLEXIBILITY	Wednesday 5:00 – 5:45	January 2, 9, 16, 23, 30 February 6, 13, 20, 27 March 6
CORE CONDITIONING	Saturday 10:30 – 11:15	January 5, 12, 19, 26 February 2, 16, 23 March 2, 9

REGISTRATION:

NAME: _____ PHONE: _____
COACH _____ EMAIL: _____

\$15.00 per class

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