

Off-Ice Training Braemar Ice Arena



Please circle classes attending:

\$15.00 per 45 min. Class.

\$10.00 per 1/2 hour class

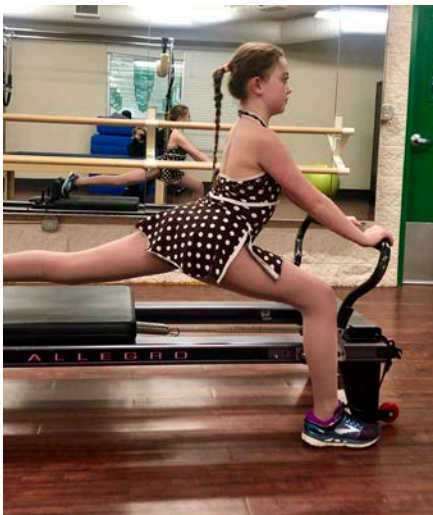
*Ballet II	Monday 5:00 - 5:45	March 9, 16, 23, 30 April 6, 13, 20, 27 May 4, 11, 18
*Strength stability Ball	Monday 6:00 -6:45	March 9, 16, 23, 30 April 6, 13, 20, 27. May 4, 11, 18
*Fundamental Ballet	Tuesday 5:00 - 5:30	March 10, 17, 24, 31. April 14, 21, 28. May 5, 12, 19, 26
*Pilates/ Flexibility	Wednesday 5:00- 5:45	March 11, 18, 25 April 15, 22, 29 May 6, 13, 20, 27
*Core Conditioning	Saturday 10:30- 11:15	March 14, 21, 28 April 4

Name _____ coach _____

Email _____ Phone: _____

Please bring registration to first class or mail to:

5626 Hyland Courts Dr. Bloomington MN 55437



Artistic and Athletic training to develop a solid foundation of movement and enhance on ice performance!

Lisa Zamarripa is a movement specialist who has been working with figure skaters of all levels for 20 years. She helps athletes progressively achieve their full potential in classes and private flexibility and pilates sessions. Lisa has her BFA in Ballet from Texas Christian University and pilates certification with the PILATES METHOD ALLIANCE. Her experience being a soloist with the Ft. Worth Ballet Company, musical theater performer and world finalist in Ballroom dancing combined with 25 years of personal training develops programs that get results! lzamarripa@comcast.net