

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 and educated 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 PERFORMANCE	Monday 4:00- 4:45	October 23, 30 November 6, 13, 27 December 4, 11, 18
FLEXIBILITY & PILATES	Monday 6:00 – 6:45 Wednesday 5:00 – 5:45	October 23, 30 November 6, 13, 27 December 4, 11, 18 October 25 November 1, 8, 15, 22, 29 December 6, 13, 20
ESSENTIAL STRENGTH	Thursday 4:00- 4:45	October 26 November 2, 9, 16, 23, 30 December 7, 14, 21
DANCE ESSENTIALS	Thursday 5:00 – 5:45	October 26 November 2, 9, 16, 23, 30 December 7, 14, 21
CORE CONDITIONING	Saturday 9:30 – 10:15 Saturday 10:30- 11:30	October 28 November 4, 11 December 2, 9, 16

REGISTRATION:

NAME: _____ PHONE _____
COACH _____ EMAIL: _____

\$15.00 per class

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

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