

OFF-ICE TRAINING BRAEMAR ICE ARENA

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	January 8, 15, 22, 29 March 5	February 5, 12, 19, 26
FLEXIBILITY & PILATES	Monday 6:00 – 6:45	January 8, 15, 22, 29 March 5	February 8, 12, 19, 26
	Wednesday 5:00 – 5:45	January 3, 10, 17, 24, 31 March 7	February 7, 14, 21, 28
ESSENTIAL STRENGTH	Thursday 4:00- 4:45	January 4, 18, 25 March 1, 8	February 1, 15, 22
DANCE ESSENTIALS	Thursday 5:00 – 5:45	January 4, 18, 25 March 1, 8	February 1, 15, 22
CORE CONDITIONING	Saturday 9:30 – 10:15	January 6, 13, 20, 27 March 3, 10	February 3, 17, 24
	Saturday 10:30- 11:30		

REGISTRATION:

NAME: _____ PHONE _____
COACH _____ EMAIL: _____

\$15.00 per class

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