

OFF-ICE CONDITIONING



FOR FIGURE SKATERS

This class is specifically designed for figure skaters, and aims to build and maintain sport specific skills that will enhance on-ice performance. Participants will learn a variety of exercises that aid in agility, balance, core/back strength, jumping, and upper/lower body strength.

Led by: Katia Gorodetsky – USFSA Certified Figure Skating Instructor, NASM Certified Personal Trainer, B.S. Exercise and Sport Science

Where: Murray County Ice Center

Day(s) and time(s): Tuesdays (starting September 5)
Low levels: 5:10pm-5:40pm
High levels: 6:20pm-6:50pm

Cost: \$5/per skater/class

Payments accepted: cash, check, venmo

What to bring: water, appropriate footwear/clothing, yoga mat (helpful but not required), foam roller (if you own one)

For more information: contact Katia at 801-244-2099 or kg.skatecoach@hotmail.com

Make checks payable to Katia Gorodetsky

September 5
class is
free!