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PERSONAL TRAINING & OUTDOOR ADVENTURE

SKI SEASON'S ON ITS WAY!

*GET IN SHAPE THIS FALL AND ENJOY BETTER
PERFORMANCE AND MORE FUN ON THE SLOPES!*

INCREASE YOUR ENERGY AND ENDURANCE, IMPROVE TECHNIQUE AND
PERFORMANCE, BUILD ROCK-SOLID BALANCE AND STABILITY, HELP
PREVENT INJURY, HAVE MORE FUN AND EXCITEMENT WITH LESS EFFORT!

-INDOOR & OUTDOOR CLASSES – INDIVIDUAL & GROUP – ALL LEVELS
FROM BEGINNER TO ADVANCED-

- CLASSES INCLUDE:

- ACTIVE/DYNAMIC WARM-UPS -**
- SKI-SPECIFIC STRENGTH AND CONDITIONING EXERCISES -**
- PROFESSIONAL-LEVEL SPEED & AGILITY DRILLS -**
- DYNAMIC BALANCE & STABILITY MOVES -**
- PROGRESSIVE FLEXIBILITY AND COOL-DOWNS -**

FOR DETAILS AND PRICES CONTACT
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