



*You need to know how
to train like a champion?
Come skate with them!*

axel training center

- Aggressive on-ice and off-ice training programs to challenge athletes of all levels!
 - Off-Ice programs synchronized with your training all year!
 - Private off-ice trainers for strength, pilates, and dance available!
- Pilates Allegro reformer and the new Cadillac reformer will help increase your strength and flexibility with our certified pilates instructor!
 - Regularly scheduled seminars to enhance technique and skating component skills under IJS!
 - Psychological conditioning to increase mental strength!
 - Video analysis with Dartfish!
 - Both on and off-ice training harnesses/pole harness available!
 - PSA Master Rated staff with National and International coaching experience!
 - Host family program provided! Inquires welcome!
 - Training and ice available 6 days/wk!
 - Inquiries from new guest coaches always welcome!

Contact us at skateaxelinc@aol.com for more information or visit us on the web at www.axelinc.net (based at Bloomington Ice Garden and supporting the FSC of Bloomington)