



OFF-ICE CLASS DESCRIPTIONS

INNOVATIVE BALLET-This is a traditional ballet class with an interesting twist. Thera-bands are often times incorporated in this class to give this class a blend of dance and flexibility. If you want to have grace **and** a spiral that will get top marks from the judges, this class is for you.

GROUP PILATES SEMINAR-This class is a superior conditioning program combining a variety of exercises to enhance athletic performance. The core training method improves posture, body alignment, balance, flexibility, and muscular symmetry. It's so much fun, our athletes don't realize how hard they are actually working. Get in this class!

MODERN AND INTERPRETIVE DANCE- In this class, skaters work on building physical awareness and connection within their own bodies'. A diverse collection of music will develop improvisational listening and performance skills. Physically based guided warm-up's lead into solo, duet, and group structures. Over time, this work builds a strong, sensitive, deeply aware interpretive skater.

ALL OVER STRENGTH AND CONDITIONING CLASS-Using the athlete's own bodyweight, dumbbells, and kettle bells, the athletes will train their muscles to grow stronger and work with them, rather than against them. Through speed and agility drills, the athletes will condition their bodies to endure the most rigorous of skating programs. Safe and effective lifting techniques will be practiced with certified supervision. Complete athlete **FOCUS** is a must for this class.

HIGH INTENSITY CARDIO DANCE-A high intensity class designed to boost your endurance to a variety of music selections and dance forms; ballet, Broadway, jazz, lyrical, hip hop, ballroom and more! The energy is upbeat and continuous to get a great cardio workout!

ELITE OFF-ICE JUMPING TECHNIQUE CLASS (Select Saturdays ONLY)-This class will emphasize efficient jumping technique utilizing agility and plyometric drills, the use of off-ice spinners, jump ropes, core and stability equipment for balance, and is a high energy class for the athlete wishing to pursue double, triple, and quad jumps. The class will also stress the importance of pre-freestyle warm-up's and post-freestyle cool downs (to include proper stretching and the elongation of muscles, ligaments, and tendons), which will enhance the athlete's flexibility. Bring a fun cd mix that we can use in class to keep the energy up and positive!