

2015 Ski Conditioning

Pre-Season Conditioning is a progressive fitness program. The 1st week will be like cruising down a green/blue trail but you will be eventually out-of-bounds. This class is designed for all fitness levels. Exercise modifications are always offered. Come on out and enjoy the fun.

19 Classes with Bonus!

CLASS DATES & TIME

Starting Monday, Oct. 31st thru
Wednesday, Jan. 4th, 2016
Mondays & Wednesdays: 6:45-7:40

OPEN HOUSE CLASSES

Open House Class
HALLOWEEN -
Mon. Oct 31st at 6:45 PM

TOTAL CLASSES: 19 + BONUS

- Custom Stretching & Strength Training Program
- 1 week diet based on your caloric intake
- Pre-First Tracks Party - we know you like to PARTY!

SKI CONDITIONING PRICING

- **Current Down Under Member : \$69**
- **Non Down Under Member : \$139**

DOWN UNDER MEMBERSHIP for FLYING DUTCHMEN MEMBERS

- \$30/month + \$0 Initiation Charge
- Includes classes, workouts-on-demand (only Berks County Facility)
- Includes FREE Personal Training Session

We are located in the VF Outlets, on 3rd flr of Blue Bldg, closest to Park Rd - enter through Security or Personnel entrance.

Parking available in front of Marriott Courtyard, walk through tunnel under Park Rd, enter Blue Bldg on left You may also park in between VF's Red & Blue Buildings and take stairs to the 3rd floor.

