

Julie Conrad's OFF-ICE

INSTRUCTOR: Athletic Trainer, Physical Therapist A, CPR & First responder certified. She has worked with Olympic Gold & Silver medal gymnast, New England Regional, Eastern Sectional, and National competitors. Beginner through Senior free skate/ pairs medalist. Julie a former skater herself has coached figure skating 16 years.

TUITION:

Monday: September 11 – December 18 \$285

Thursday: September 7- December 21 (no class 10/19,11/16,12/28)

Strength & Conditioning \$266

Stretching / Off ice rotations \$140

20\$ per class Strength & Conditioning

10\$ per class Off Ice Rotations / Stretching

(payable to Julie Conrad)

WHERE: NSSC Club Room Reading, Ma

Check classes below.

[]Monday 5:25-6:25 Strength & Conditioning

[]Thursday 4:05-4:20 Stretching

Maxiflex, stretch master, passive/ active assisted stretching, foam rolling.

[]Thursday 4:20 -4:35 Off-Ice Rotations

(Rotation trainer, Skate spinner, Ankle buzzers, Champion cords, Boso ball, trampoline).

[]Thursday 4:35-5:35 Strength & Conditioning

Cardio, Balance, Plyometrics, Fast twitch, Agility, Cross training, Strength training, Injury prevention, hydration level/ protein education.

Balance pod/board/ disc, weights, latter, rope, roller

Name: _____

Phone#: _____

Email: _____

*Enrollment is limited, please register early.

*Any questions contact Julie~ skaterfitness@gmail.com, 339-226-0096