

Julie Pondelli's Off-Ice Conditioning at North Shore Skating Club

About the Coach

Julie Pondelli is a certified group exercise instructor through the Aerobics and Fitness Association of America and has a background of personal training. She also has her Masters in Applied Nutrition and working towards licensure as a Registered Dietitian.

About the class

The classes are small group training sessions focused highly on functional training specifically for figure skaters. Each class is one hour and consists of a warm up, circuit strength training, cardio, core strengthening and stretching. Classes offer the opportunity to improve endurance and agility, strength and power, balance, core strength and stability, flexibility as well as preventing injury.

Cost: \$10.00 per class

Classes offered:

Sundays at 6:30 PM
Skybox Room

Thursdays at 7:30 PM
Club Room

Questions? Email juliepondelli@hotmail.com