

2017 Sept / Oct



The Performance Center at the RoseGarden Ice Arena

Class	Day	Time	Dates	Price
Plyometrics	Tuesday	6:10-6:40pm	9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24	\$40.00
Boot Camp	Thursday	6:10-6:40pm	9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26	\$40.00
Saturday Wake Up	Saturday	8:10-8:40am	9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28	\$40.00
Core and Stretch	Sunday	5:00-5:30pm	9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29	\$40.00
Dance and Movement	Sunday	7:00-8:00pm	9/17, 10/1, 10/8, 10/15, 10/22	\$50.00

Walk on Classes (allowed if classes have room ONLY): \$8.00 for 30 minute classes and \$16.00 for 60 minute classes

Dance and Movement with Ali

Ali Durham, staff teacher at Doreen's Dance Center in Colchester, will be teaching a variety of dance styles including Ballet, Hip-Hop, and Jazz. Ali's students and choreography has won numerous awards at regional and national competitions.

Plyometrics with Sara

This class is geared towards improving the agility, power, and speed of a skater. Jump training and explosive intervals are used to directly impact on-ice performance.

Boot Camp with Sara

This class is for anyone who wants to maximize their efforts and burn fat fast. Full body HIIT (High Intensity Interval Training) will get the heart racing and the sweat pouring. This form of training has been proven to create lean muscle, increase cardiovascular capacity, and increase bone density through body weight exercises.

Core and Stretch with Alyssa

This class is geared toward anyone who wants to build core strength, balance and overall flexibility. This 30-minute class will focus on strengthening core muscles and stretching tight muscles which will help increase range of motion to provide safer everyday movement.

Saturday Wake-Up with Alyssa

This class is geared toward anyone who wants to start their weekend on the right note! This class will combine core strength, balance, plyo exercises and overall flexibility. This 30-minute class will focus on strengthening core muscles, bounding exercises to get you up and moving, and stretching tight muscles which will help increase range of motion to provide safer everyday movement.

Nutritional Counseling

For any skaters or parents looking for nutritional counseling, no need to go elsewhere. Whether you want to formulate a new diet plan or look to make better choices with your eating habits we can help. Contact Alyssa@rosegardenicearena.com for pricing and availability.

Personal Training

Speak to any of our fitness professionals, or contact sara@rosegardenicearena.com about setting up personal training sessions today!