



2017 Nov/Dev

The Performance Center at the Rose Garden Ice Arena

Class	Day	Time	Dates	Price
Plyometrics	Tuesday	6:10-6:40pm	10/31, 11/7, 11/14, 11/21, 11/28, 12/5, 12/12, 12/19	\$40.00
Boot Camp <i>(switches days in Dec)</i>	Thursday Wednesday	6:10-6:40pm 6:10-6:40pm	11/2, 11/9, 11/16, 11/30 (no 11/23) 12/6, 12/13, 12/20	\$35.00
Wake Up & Technique	Saturday	8:10-8:40am	11/4, 11/11, 11/18, 12/2, 12/9, 12/16, 12/23	\$35.00
Core and Stretch	Sunday	5:00-5:30pm	11/5, 11/12, 11/19, 12/3, 12/10, 12/17	\$30.00
Dance and Movement	Sunday	7:00-8:00pm	11/12, 11/19, 11/26, 12/3, 12/10, 12/17	\$60.00

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 and Technique with Alyssa and Tiesha

This class is geared toward anyone who wants to start their weekend on the right note! This class will combine core strength, balance, plyo, off ice technique, off ice spinner, and dryland harness in a station format. This 30-minute class will focus on strengthening core muscles, bounding exercises, and stretching which will help increase range of motion to provide safer everyday movement with Alyssa and jump/spin technique with Tiesha.

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!

Dry-Land Training

Coaches can rent the room for private or semi-private instruction for Dry-Land skater training and technique. To rent the training room, contact sara@rosegardenicearena.com for rates and availability. Room is booked through RGIA.