

2018 March / April

The Performance Center at RoseGarden

Class	Day	Time	Dates	Price
Plyometrics	Tuesday	6:10-6:40pm	3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24	\$40.00
Wake Up & Technique	Saturday	9:10-9:40am	3/10, 3/17***, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28 ***3/17 class will be from 8:10-8:40am	\$40.00
Core and Stretch	Sunday	5:00-5:30pm	3/11, 3/18, 3/25, 4/8, 4/15, 4/22, 4/29 (no 4/1)	\$35.00

Walk on Rate: \$8.00 for 30 minute class

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.

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 with Alyssa

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 at Alyssa@rosegardenicearena.com for pricing and availability.

Personal Training with Sara and Alyssa

For training prices and schedules, contact our certified personal trainers Sara Cote Sara@rosegardenicearena.com or Alyssa Fort Alyssa@rosegardeicearena.com

Dry-Land Training with RoseGarden Staff Coaches

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

Rates for non-rink run group classes or 3 or more participants:

- 1-3 Half hour Sessions: \$20 per half hour (\$20-\$80)
- 4-7 Half Hour Sessions: \$18 per half hour (\$72-\$126)
- 8+ Half Hour Sessions: \$15 per half hour session (\$120+)

Rates for private training sessions with 1-2 participants:

- 1-3 Half hour Sessions: \$10 per half hour (\$10-\$40)
- 4-7 Half Hour Sessions: \$9 per half hour (\$36-\$63)
- 8+ Half Hour Sessions: \$7.50 per half hour session (\$60+)



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