

Off ice Conditioning - Barre for Figure Skaters

Barre incorporates classic ballet exercises with a focus on developing strength and shaping long lean muscles. Barre combines the elements of Ballet, Pilates and Yoga to develop a strong core and flexibility.

Wednesdays: 4:45pm to 5:30pm

2/4/2015 to 3/11/2015

(6 week session) for \$54

Class will be held in Studio B - Eden Prairie Community Center

Instructor: Renee Rahimi

Renee is a group fitness instructor and personal trainer at the Eden Prairie Community Center and a member of EPFSC

Questions, please contact Renee Rahimi at reneesrahimi@hotmail.com or

Nichole Kauls at cnkauls@msn.com

Please detach and return to Nichole Kauls file including a check written to EPFSC by 1/24/15

Name: _____

Parent's Name: _____

Phone Number: _____

Email Address: _____

The applicant agrees that the Eden Prairie Figure Skate Club and staff at the Eden Prairie Community Center will not be held responsible for any accident or losses however caused and agree to release all parties involved from claim or damage that may arise as a result of or by reason of such accident.

Parent's Signature: _____