

		Week Day				
LEVEL	Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
O P E N	8-8:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	POWER	Anaerobic
	9-9:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	Recovery (1/2 Core & 1/2 Mobility/Flexibility)	Anaerobic
	10-10:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	POWER	Anaerobic
H E L V E L S	11-11:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	Recovery (1/2 Core & 1/2 Mobility/Flexibility)	Anaerobic
	LUNCH					
H I E L I T E L O W	1-1:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	POWER	Anaerobic
	2-2:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	Recovery (1/2 Core & 1/2 Mobility/Flexibility)	Anaerobic
	3-3:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	POWER	
	4-4:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	Recovery (1/2 Core & 1/2 Mobility/Flexibility)	
O P E N	5-5:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	POWER	
	6-6:50	Strength & Conditioning	Anaerobic	Strength & Conditioning	Recovery (1/2 Core & 1/2 Mobility/Flexibility)	

Important Notes

- Class duration is 50 minutes
 Cost is \$30./skater
 Please sign-up online at:
<https://www.mindbodyonline.com/>
 1) Click "log-in" in upper right and search for **Integrated Sports Conditioning**
 2) Log-in to create profile in **ATHLETES NAME**
 3) Sign in for appropriate level classes

**IN ORDER TO MANAGE ATTENDANCE LEVELS:
 PRIORITY WILL BE GIVEN TO THOSE ATHLETES
 WHO REGISTER ONLINE!!!**