

IceFlow

Breathe. Stretch. Flow.

IceFlow is a gentle, yoga-inspired edge class designed specifically for adult skaters of all skill levels from beginner to professional. Connect leaning, twisting, and stretching movements with the breath as we flow with each other across the ice to music.



Join us for a special seminar!

August 8th, 2017

Beginner Class

12:55pm - 1:20pm Off Ice

1:35pm - 2:20pm On Ice

Advanced Class

2:30pm - 2:50pm Off Ice

3:00pm - 3:45pm On Ice



Discover the joy of skating!

\$25 per skater

Nashoba Valley Olympia

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