

***Zoom Class With
Olympian Karen Chen***

On Thursday, September 24 6:30-7:30pm

&

Sunday, September 27 5:00-6:00pm

Pilates exercises with emphasis on core strength & stretching with
focus on flexibility for spins.

Classes are open to all skaters Pre Free Skate & UP

Ages 6-18 yrs.

Class is limited to ONLY 12 skaters.

To register go to Entryeeze and click on Zoom with Karen Chen

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