

Spring

Off - Ice!



March 5- May 21

Thursdays 5:45 - 6:30 pm

Rinkside Workout Room

NO CLASSES: April 16, 30 and May 14

What to bring to each class...

- Yoga mat
- Jump rope
- Tennis shoes
- Water bottle
- Off ice spinner
- Positive attitude!

Questions?

Stephanie Coe

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Register Here:

