

WFSC Off-Ice Yoga Classes  
Is your skater in need of Balance, Stability, Control & Flexibility?  
We have just the class for you !  
**YOGA FOR FIGURE SKATERS WITH AMANDA**

- Learn the most important alignment techniques for every Figure Skater
- Technique & concentrated exercises for improved Balance, Stability, Control & Flexibility
- Learn safe stretching techniques to improve off-ice warm-up's & reduce injury
- Yoga not only improves BSCF (Balance stability control & flexibility) it will also teach your skater concentration & relaxing breathing techniques for fuller lung capacity.
- Spirals, Biellman Spirals, Layback positions & difficult off-ice spin positions will be covered in this class.
- Learn the importance of strengthening the muscles along the spine and neck vertebrae to enhance your skating postures.

Classes will be held Wednesdays & Thursdays  
Wednesdays 7:30-8:30 Sept 5-Nov 28<sup>th</sup> 13 weeks \$ 120.00  
Thursdays 6:30-7:30 Sept 6-Nov 29<sup>th</sup> 12 weeks \$110.00 no classes Nov 22

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Parents name: \_\_\_\_\_ Phone # \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age \_\_\_\_\_

**Please check one or both classes**

Wednesdays 7:30-8:30 \$120.00 \_\_\_\_\_ Check # \_\_\_\_\_

Thursdays 6:30-7:30 \$110.00 \_\_\_\_\_ Check # \_\_\_\_\_

**Classes fill quickly reserve your spot today!! Deadline to register Sept 1<sup>st</sup>**

Please make checks payable to Amanda Truax  
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[Riverbladesskatingschool@yahoo.com](mailto:Riverbladesskatingschool@yahoo.com)

