

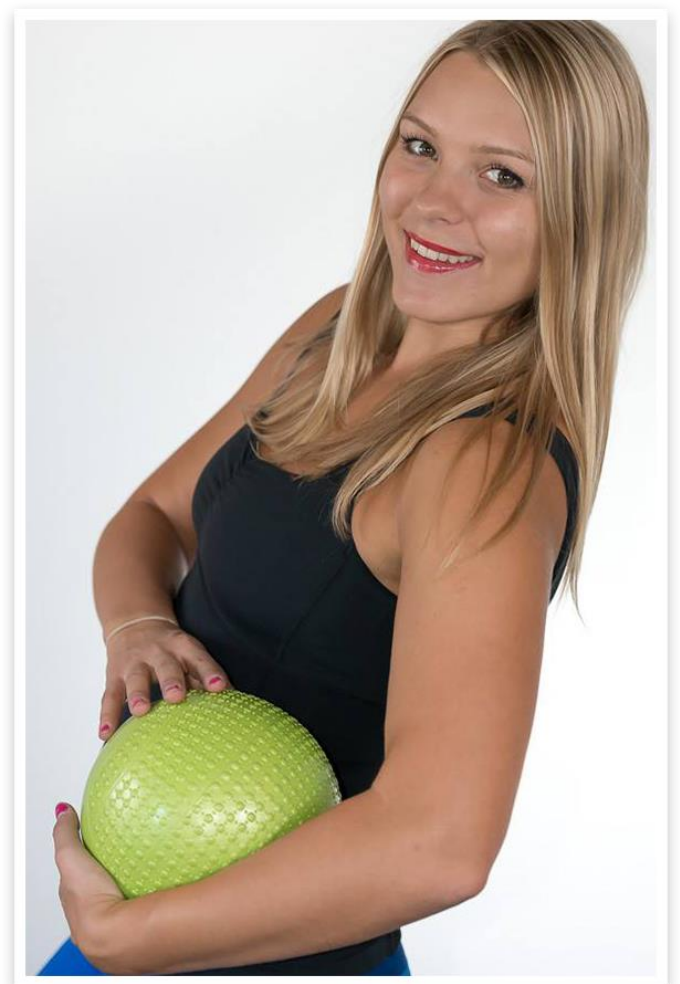
The GSC is proud to welcome **Signe Ronka**

Canadian National Medalist,
Certified Strength &
Conditioning Specialist (CSCS),
and NCCP 3 Competitive Level
Coach.

Signe will introduce Star and
competitive skaters to the
Flexafit Figure Skater
Bootcamp.

Figure Skater Bootcamp is the
ultimate training program for
figure skaters. Training
fundamentals are based on
energy systems used in
skating, activation of muscle
groups used to perform skills
on ice, and injury preventative
methods of training.

- Skaters will be put through a 3
hour fitness workshop, which
includes a sport specific warm
up, 4 different program plans,
off-ice jump technical
component, and a flexibility
plan.
- The workshop will prepare
skaters with a structured plan to
take home and practice.
- Skaters will leave with a
complete packaged handout of
everything they learn



FLEXAFIT

Sunday, December 10, 2017

11:00 am – 5:00pm

*For more information, contact Darlene
Joseph.*