



## Off-Ice Conditioning Program

A specialized group class to assist in the development of spins, jumps, and various connecting turns and movements. Program will focus on improving flexibility, balance, coordination, speed, agility, and core strength.

**When:** June 12-August 22

No class

Week of June 26

July 4

July 27

**Days:** Tuesdays and/or Thursdays

**Time:** 11:00am-12:00pm

**Location:** McFarland Community Ice Arena

**Equipment needed:** Comfortable clothing and tennis shoes. Exercise/Yoga mat or beach towel, water bottle (inhaler if needed for asthma)

### Pricing options:

2x a week for the summer session: \$136

1x a week for the summer session: \$68

\*Single classes can be purchased as a drop in for \$10 a class.

### Registration Form

For more information contact Becky Ingebrigtsen, CPT, B.S. – [becky@abfitnessconcepts.com](mailto:becky@abfitnessconcepts.com) or 715-213-2072.

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Sex:  Female  Male

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

2x a week for the summer session: \$136 \$ \_\_\_\_\_

1x a week for the summer session: \$68 \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

**Make Checks Payable to: A & B Fitness Concepts**

**Online credit card payments available. Email [becky.ingebrigtsen@gmail.com](mailto:becky.ingebrigtsen@gmail.com) with class registration requests.**

Waiver: I hereby signify that I understand that Rebecca Ingebrigtsen, B Fit Concepts, LLC., the area where I run or walk and all other organizations and persons connected with the event are not to be held responsible for any injuries which I may suffer while taking part in this event or as a result thereof. In this connection, I hereby waive any claim of damages to my person or property.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Mail to: Becky Ingebrigtsen, 3140





## Jump Clinic

An Opportunity to learn and increase technical jumping skills necessary to become successful with skating jumps.

**When:** Sunday, June 11

**Time:** 9:15am-11:00pm

**Location:** A & B Fitness Concepts. 3140 Edmonton Dr. Suite 300. Sun Prairie, WI

**Equipment needed:** Comfortable clothing and tennis shoes. Exercise/Yoga mat or beach towel, water bottle (inhaler if needed for asthma)

**Also Includes:**

Vertical Jump Test

Snack

Instructional take home handout

**Cost:** \$30

**Total Enclosed** \$ \_\_\_\_\_

**Make Checks Payable to: A & B Fitness Concepts**

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Waiver: I hereby signify that I understand that Rebecca Ingebrigtsen, B Fit Concepts, LLC., the area where I run or walk and all other organizations and persons connected with the event are not to be held responsible for any injuries which I may suffer while taking part in this event or as a result thereof. In this connection, I hereby waive any claim of damages to my person or property.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Mail to: Becky Ingebrigtsen, 3140 Edmonton Dr. Suite 300, Sun Prairie, WI 5359

[abfitnessconcepts.com](http://abfitnessconcepts.com)

