



FITNESS CONCEPTS

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.

Themed Drop In Days (12-1pm):

- June 12 Theme - Yoga
- June 14 Theme - Circuits
- June 19 Theme - Team Building Competition
- June 26 Theme - Pilates & Core
- July 3 Theme- Interval Training & Partner Exercises

Cost: \$10 per class

Summer Off Ice officially begins:

When: July 9- August 23

- No class
- July 31st
- August 7th

Days: Tuesdays and/or Thursdays

Time: 12:00am-1:00pm

Location: McFarland Community Ice Arena (outdoor field space)

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: \$96

1x a week for the summer session: \$48

*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 or 715-213-2072.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Sex: Female Male

Date of Birth: _____ Age: _____

- Themed Days _____ days x \$10 \$ _____
- 2x a week for the summer session: \$96 \$ _____
- 1x a week for the summer session: \$48 \$ _____

Total Enclosed \$ _____

Make Checks Payable to: A & B Fitness Concepts

Online credit card payments available. Email 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