



OFF ICE TRAINING SCHEDULE FALL 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:00p-5:30p Figure Skating Advanced Jump and Movement Karen <i>1 Off Ice Punch</i>			10:15a-10:45a Figure Skating Basics Karen (Studio A) <i>1 Off Ice Punch</i>
5:45p - 6:30p Yoga for Jocks Lora <i>1 Off Ice Punch</i>	5:20p-5:50p Jump/Twister Training Maryhelen <i>1 Off Ice Punch</i>	5:45p - 6:30p Yoga for Jocks Lora <i>1 Off Ice Punch</i>	5:20p-5:50p Ballet Madra <i>1 Ballet Punch</i>		10:15a-10:45a Jump Technique Wendy- Fitness Center <i>1 Off Ice Punch</i>
	5:55p-6:40p Ballet Madra <i>1 ballet punch</i>		5:55p-6:40p Jump/Twister Training Maryhelen 1 off ice punch	5:30p-6:00p OFF ICE Synchro Skaters Leah *No charge for Synchro	

No class Thanksgiving Day November 26

ALL CLASSES HELD IN STUDIO A EXCEPT SATURDAY JUMP TECHNIQUE
 PUNCH CARDS AND PASSES AVAILABLE AT PEPSI ICE MIDWEST COURTESY DESK

WWW.ICEMIDWEST.COM

913-851-1600

Off-Ice Training Class Descriptions

Figure Skating Basics: An Introductory Beginner to Intermediate Level Off-Ice Jump Technique and Movement Class for the individual pursuing figure skating. Skaters are introduced and taught jump technique for mastering each of the single skating jumps in preparation for double jumps. The Waltz jump, Salchow jump, Toe Loop jump, Loop jump, Flip jump, Lutz jump and Axel jumps will be learned and practiced. The Movement segment of class introduces basic ballet and movement for improving balance, flexibility for specific skating moves and artistic presentation. *Class recommended for skaters at the U.S. Basic Skills Level 3 thru Basic Skills Freeskate Level 6, USFS Pre-Preliminary FS/MIF Test Level or participating in Synchronize Skating.*

Figure Skating Advance Jump and Movement Class: Advance jump training for skaters practicing the single axel jump and double jumps. Class develops mastering jump technique specific to preparation, take-off, air rotation and landing positions. Students are given correction exercises for common jump errors. The Movement segment develops deeper body awareness, flexibility for advance transition skills on-ice, performance execution and choreography for skating programs. *Skaters are recommended to have participated in the Figure Skating Basics Class or are at the U.S. Basic Skills Freeskate Level 3 thru Basic Skills Level 6 and USFS Pre-Preliminary thru Senior FS/MIF Test Level.*

Dance Movement Class: A class that develops a skater's basic understanding of ballet and movement for improving balance, coordination and body awareness, flexibility for advance transition skills on-ice for specific skating moves (i.e. spirals, catch foot spirals, layback and camel spin positions), performance execution and artistic choreography for skating programs. *Class recommended for skaters at the U.S. Basic Skills Level 3 thru Basic Skills Freeskate Level 6 and USFS Pre-Preliminary thru Senior FS/MIF Test Level or participating in Synchronized Skating .*

Jump Technique Class: Skaters are introduced and taught jump technique for mastering each of the skating jumps (Waltz jump, Salchow jump, Toe Loop jump, Loop jump, Flip jump, Lutz jump and Axel jump) for both single and double jumps. Jump technique is practiced in detail specific to preparation, take-off, air rotation and landing position. Students are given correction exercises for common jump errors. *Class recommended for skaters at the U.S. Basic Skills Level 8 thru USFS Pre-Preliminary thru Senior FS/MIF Test Level practicing single and double jumps.*



METAZONE Fitness Training Fall Schedule September-December 2009
Pepsi Ice Midwest Studio A

www.metazonetraining.com www.icemidwest.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30A-6:30 I.C.E. <i>Lora</i> (cycle/yoga)		5:30A-6:30 BODY PUMP <i>Anne</i>		5:30A-6:30 I.C.E. <i>Lora</i> (cycle/yoga)		
9:30A-10:30 BODY PUMP <i>Lora</i>	9:30A-10:30 I.C.E. <i>Anne</i> (cycle/yoga)		9:30A-10:30 BODY PUMP <i>Lora</i>			

Classes subject to change- please check website for latest announcements or call 913-851-1600

Classes begin September 1
No class Labor Day September 7, Thanksgiving Day Nov 26, Christmas Day



Group Training Descriptions



BODY PUMP: The original barbell class that strengthens the entire body! A 60 minute workout that challenges all your major muscle groups by using weight room exercises like squats, presses, and curls. Great music and awesome instruction inspire to get the results you want- FAST!

I.C.E.: Our signature Indoor Cycling Experience! We combine 30 minutes of interval training on an indoor bike with 30 minutes of yoga for athletes for the best of both worlds. Class limited to 10 participants.

Yoga for Athletes: Focus on muscle groups used in athletics and fitness such as hips, core, legs and shoulders. Balance and flexibility will be increased with consistent practice. No Sanskrit terms or chanting! End each session with a visualization aimed to assist sports performance. 60 minutes. Check off ice schedule for times.

SPORT Core: Strengthen the powerhouse core with pilates-inspired moves and body weight training. Perfect for all levels of fitness. 45 minutes. Check off ice schedule for times.