

2019 North Star Figure Skating Club

Peak Performance Fitness

Small Group Training

January 5, 2019-March 19, 2019

Name: _____ Date: _____

Age: _____

Email Address: _____

Coach's signature: _____

Tuesdays	Saturdays
5:15-6:00 13-18 years \$242.00	11:00-12:45 13-18 years \$242.00
6:20-7:05 9-13 years \$242.00	12:00-12:45 9-13 years \$242.00

Circle sessions you wish to contract.

Staff includes Exercise Physiologists, Certified Personal Trainers, Athletic Trainers, and Graduate Degree Specialists in the field of Human Movement and Performance.

- 3-6 skaters per class (minimum 3 to hold class)
- Designed specifically for skaters, exercises will be tailored to each individual with special attention to any areas of weakness or misalignment.
- Skaters must have passed FS6 to participate.
- Priority will be given to members of the Elite Training Academy followed by other skaters in the order the contract is received. Contracts will be accepted Dec 26-Jan 3.
- Current Peak Performance Athletes say: "I like how it challenges us", "It's different from everything else we've done here and it's definitely skating specialized" and "We get to use cool equipment."

TUESDAYS (11 weeks)	SATURDAYS (11 weeks)
January 8, 15, 22, 29	January 5, 12, 19, 26
February 5, 12, 19, 26	February 2, 9, 16, 23
March 5, 12, 19	March 2, 9, 16

Total: _____

5% Discount for Elite Training Academy (if applicable): _____

Total: _____