

Fall 2010 Dryland Figure Skating



Focus on Jumping & Landing Mechanics, Cardio
Featuring Dartfish Video Analysis!
Power Development and Core Strength

September 13 - November 29

Mondays 6:00-7:00pm

12 Sessions

All Ages Welcome!

Price: \$200/athlete



IMPACT
SPORTS PERFORMANCE

11575 Main St. #100
Broomfield, CO 80020

303.IMPACT.U
(303.467.2288)

Early Registration Price
\$180

Must be Registered by August 30, 2010

www.MyImpactSports.com