



# Ski Conditioning

at  
1.2.1 Fitness



**Begins Nov 3rd!**

**Tuesdays**

6:30-7:30pm

**Saturdays**

3:00-4:00pm

Join Deanna Black, 121 Fitness Instructor, for a progressive, high-intensity training program geared specifically for winter sports: downhill skiing, snowboarding, hockey, & cross-country skiing. A combination of strength, plyometrics, balance, flexibility and cardio activities will not only enhance your performance but also reduce the risk of injury. Not a winter sport enthusiast but needing to spark your routine? Join in and take your workout to the next level!



**Members:** \$60 (full session)  
\$40 (1day/week)

**Non-Members:** \$100 (full session )  
\$60 (1 day/week)



Are you ready to hit the slopes?