

VITAL FIT CLUB
PERFORMANCE ENHANCEMENT CLASS
for Figure Skaters

INSTRUCTOR JESSICA DOWNING
Owner of Vital Fit Club

This specialty class is designed to help skaters
of all levels enhance their performance
techniques and skills.

Jessica is a 20 year fitness veteran certified with NASM,
ACTION, Babyfit and Ace group fitness & pilates.
She is also a past figure skater with AFSC who has completed
her Junior Moves & Intermediate Freeskate.

Requirements: Must be a skater with the Alexandria Figure Skating
Club at a prefreeskate level or higher.

Must have 8 skaters registered in order to hold this class



**The 1 hr classes will meet at Vital Fit Club
each Wednesday thru May
1st, 8th, 15th, & 22nd from 6:15 - 7:15pm
Cost \$40 Cash/Check/CC
(Checks payable to Vital Fit Club)**

Name of Participant

Address

Email

Phone#

Parent/Guardian Name

Please wear workout clothes and tennis shoes. (Membership is not required for this class)

112 6th Ave E. Alexandria, MN 320-762-0442