



FUNDAMENTALS OF STRENGTH & CONDITIONING

This series will help you prepare for the upcoming ski season while working on knee, hip, back, and shoulder health.

Over the 8-weeks of this small group program we will work to identify areas of limited mobility and start restoring access to movements needed to playing safely and comfortably in the snow.

Ski and snowboard-specific exercises will aim to build strength, stability and endurance to transition to on-snow adventures more comfortably and confidently.

Registration in this year's program will include access to our online Ski Knees and Happy Hips video library to support your independent and home-based practice.

This library will have a selection of mobility, recovery, core, and ski-specific fitness classes that are 15 - 40 minutes in length.

3 Class Options!

Mondays Oct 18-Dec 6

7:15-8:30pm

Wednesdays Oct 20-Dec 8

5:45-7:00pm

Thursdays Oct 13 - Dec 9

9:45-11:00am

\$135/8-class series
+ online course content

Ascend Movement Studio
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To register please contact:

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