

Stretching Class

Floyd Hall Arena is proud to introduce its new and improved Off Ice Program. Join us for our Stretching Classes for adults and children of all ages and abilities, focusing on technique and flexibility.

All Classes will guide participants in a variety of stretches as a warm up for the Saturday morning freestyle session. Class will focus on stretches and maneuvers designed to minimize the risk of muscular injury while also improving flexibility

**Please bring a mat for all classes*



Saturdays

9:30-10:00 am
November 4 – December 23
8 Weeks / \$120

Please Note: Class sizes are limited; spaces cannot be held without full payment. There are no refunds or cancellations. Only one make up class per session is available.



For more information, please contact:

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