

Stretching Class

With Elise Nelson

Floyd Hall Arena is proud to introduce its new and improved Off Ice Program. Beginning this fall, we will be offering Stretching Classes for adults and children of all ages and abilities, focusing on technique and flexibility.

Adult Classes will guide participants in a variety of stretches as a warm up for the 11:40 am Adult Learn to Skate Class. Class will focus on stretches and maneuvers designed to minimize the risk of muscular injury while on the ice. *Please bring a mat for all classes



Youth Classes will instruct participants on the proper way to perform various stretches with a focus on improving flexibility. Class is designed for figure skaters of all abilities and serves as a great cool down after skating on Saturday morning freestyle sessions.

*Please bring a mat for all classes

****See reverse side for class times and pricing****

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 to those with a doctor's note



For more information, please contact:
Kristen Fraser
Figure Skating Director - Floyd Hall Arena
973-655-8013
Skatingdirector@floydhallarena.com



www.floydhallarena.com / 973-746-7744

Class



Schedule

| Class | Session Dates | Time | Price |
|------------------|--|-------------------|----------------|
| Adult Warm Up | Saturdays Apr 15- May 27 *no class May 13* | 10:30am – 11:00am | 6 Weeks / \$90 |
| Youth Stretching | Saturdays Apr 15- May 27 *no class May 13* | 10:00am – 10:30am | 6 Weeks / \$90 |

*****Please bring a mat for all classes!*****

Meet Our Instructor...



Elise Nelson has a BS in Physical Education from Montclair State University and has an extensive background in sports. She has competed in figure skating, gymnastics, bodybuilding, power lifting, and triathlons. Elise has also been trained in Pilates Mat. Back in 1998, she started "Fit, Lean and Shapely", an In-home personal training business and then switched her focus to off ice training for skaters. Her class primarily focuses on Core/abdominal strengthening, balance, and stretching with proper alignment. Elise is currently studying at the Institute for Integrative Nutrition and looks forward to using that knowledge with Floyd Hall Arena skaters, as well!



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