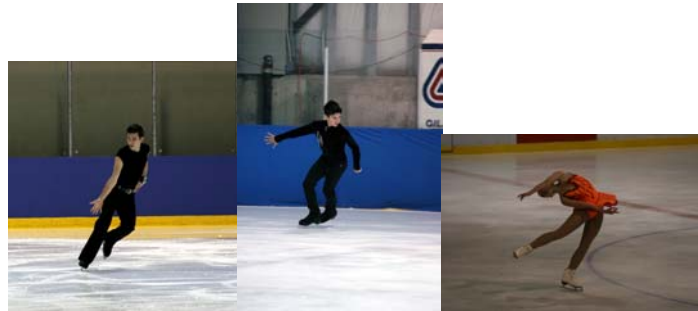




# ***Off-Ice Conditioning Classes***

**April 2<sup>nd</sup> – May 4<sup>th</sup> (5 classes) \$53**



## ***Cardio-Pilates & Stretch***

**Mondays, 5:45-6:30pm**

## ***Off-Ice Conditioning***

**Tuesdays, 4:30-5:30pm**

## ***Off-Ice Conditioning***

**Thursdays, 4:30-5:30pm**

**Please register in the office or  
Email: [info@yourpeakperformance.ca](mailto:info@yourpeakperformance.ca)**

**Tel: (416)450-0828**

**[www.yourpeakperformance.ca](http://www.yourpeakperformance.ca)**