



 **the  
epicenter** ATHLETIC CLUB

# SKI-FIT

**TWICE A WEEK: OCTOBER - NOVEMBER**

8 weeks | Wed & Fri at noon | Starting October 27 | \$160 per person

## **Class Progression:**

**WEEK ONE: FUNDAMENTALS** Flexibility, movements, core strength

**WEEK TWO:** Core, overall muscle balance/full body conditioning

**WEEK THREE:** Strength work, focus on muscle strength to go with conditioning and balance drills.

**WEEK FOUR:** Strength work, begin working power movements.

[www.epicenterfitness.com](http://www.epicenterfitness.com) | Seattle: 206.587.2673