



SKI FITNESS

With Victory Lab PT & Performance

- ◆ This class will give you challenges both mental and physical that will help you achieve new levels of performance.
- ◆ Strength and mobility betters your movement which translates to more efficient patterns for your ski season.
- ◆ Efficiency can help reduce your chances of tweaking a joint or muscle.
- ◆ Conditioning will improve your ability to handle longer, tougher bouts of down hilling and increase time to exhaustion.

“Join us again for a great ski and snowboard season progression of training!”

Masks are to be worn in the gym and up until the class starts.
Proper safety precautions will be taken.

Register early as class will fill up!




VICTORY LAB
PT & PERFORMANCE



Tuesday and Thursday
October 19—December 16
Tuesdays & Thursdays
6:00—7:00 pm
Recreation Center Gym
Fee: \$110 - limited class size
Limited drop in availability \$10

Pre Registration required!

[For more information call 739-9025](http://739-9025)
[Or register online at tetonparksandrec.org](http://tetonparksandrec.org)