

Off Ice Conditioning Schedule

SEPTEMBER 2 - DECEMBER 19, 2025

NO Classes on November 26, 27, 28, and December 1

Schedule May Change Without Notice

Monday

5:25-6:25pm

Ballet with Andrei Yemelianov

BALLET & FIGURE SKATING GO HAND IN HAND. IT TEACHES THE SKATER: BODY BALANCE & CORE CONTROL, FLEXIBILITY, MUSCLE STRENGTHENING, SMOOTH GRACIOUS MOVEMENTS, MENTAL FOCUS, DISCIPLINE & BODY AWARENESS. LEARN THIS & MORE FROM OUR PRIMA BALLERINA!

Skaters on the 5pm freestyle may enter this class at 5:40pm



Off Ice Conditioning w/ Olga Neizvestnaya

OUR ELITE COACHES TEACH A VARYING CLASS – EXAMPLES INCLUDE JUMP CLASS, STRETCH, AND CONDITIONING. COME PREPARED FOR ANYTHING! SNEAKERS, JUMP ROPE, AND WATER REQUIRED.

Tuesday

5:40-6:10pm



Off Ice Conditioning with Tatiana/Roman

OUR ELITE COACHES TEACH A VARYING CLASS – EXAMPLES INCLUDE JUMP CLASS, STRETCH, AND CONDITIONING. COME PREPARED FOR ANYTHING! SNEAKERS, JUMP ROPE, AND WATER REQUIRED.

Wednesday

5:40-6:30pm



Strength & Conditioning w/Margie Weiss

OFF-ICE CONDITIONING INCLUDES FUNCTIONAL STRENGTH, FLEXIBILITY AND CARDIO DRILLS THAT HELP SKATERS WITH THEIR ON-ICE SKILLS. PREVENTION OF OVERUSE INJURIES AND IDENTIFICATION OF LIABILITIES ARE ADDITIONAL BENEFITS FOR THE "FIT" ATHLETE. TAUGHT BY MARGIE WEISS, WHO HAS TRAINED 2 GENERATIONS OF OLYMPIC ATHLETES, THIS CLASS HELPS ALL LEVELS OF ATHLETES, ALL SPORTS.

Thursday

5:40-6:10pm



Friday

6-7pm

Hip Hop with Jimmie Manners

Hip Hop dance classes are high-energy and focus on developing rhythm, coordination, and individual style through a mix of street and urban dance moves set to hip hop music

PLEASE CONTACT KLANGE@SKATEQUEST.COM
FOR MORE INFORMATION

