



OFF ICE TRAINING

WORKING OFF THE ICE, SHOWS ON THE ICE

2025/26

FLEXIBILITY, CARDIO, PLYO, STRENGTH

- Off Ice is included in the STAR 3-4 and STAR 5-Gold (6session) program fees this season!
- STAR 3-4: TUESDAYS 6:30pm & THURSDAYS 6:15pm
- STAR 5-Gold (6session): MONDAYS 4:45pm & SATURDAYS 12:30pm

All sessions at MacIsland
Sessions begin week of SEPT 15

Questions: See Tania