



POWER FOR POWDER



IN-SEASON SKI AND SNOWBOARD STRENGTHENING AND CONDITIONING CLASS

Get in shape for the upcoming Ski and Snowboard Season! This 6 week class will concentrate on strengthening and conditioning your body, functionally, for all of the skiing and snowboarding you'll be doing this season. We will focus on core strength and stability, balance, and endurance in all of the essential muscles required for these high-energy and fast-paced sports.

The class will meet one evening each week for 6 weeks. Each class session will be \$20, or sign up for all 6 classes and receive the 6th for free (\$100 total)! Classes will start on Wednesday, February 7th, 2007 at 5:30pm in the gym at SOL PT.

To reserve your spot, call the number below, or sign up at the Front Desk at SOL.

For more information, or to sign up please contact:

Andy Clower, ATC

***Sports and Orthopedic Leaders
5297A College Ave, Oakland, CA***

510-547-1630

dacloweratc@gmail.com