



ADULT SPRING SHAPE UP

Looking to get in better shape this spring? Abbotsford Training Rink is now accepting registrations for our Adult Spring Shape Up. Three mornings per week, our experienced trainers will professionally guide you through exercises designed for both beginners and advanced students alike. Also, one day per week, we will have on ice training! Work on your game at the same time you work on your fitness.

WHEN

Feb.4th - May 30th

Fitness Training: Mon, Wed and Fri, 8:00am

On-Ice Training: Tuesdays, 8:00am

WHERE

Abbotsford Training Rink

COST

Fitness + On Ice: \$150+gst per month

CLASS SIZE EXTREMELY LIMITED. MAXIMUM OF 12 PARTICIPANTS, SO DON'T DELAY!

CONTACT

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