



Sports Performance

Ski Conditioning 14 Sessions for \$350

Starts Soon! | Limited Capacity

Get in Shape to Hit the Slopes

Get ready for Ski Season with our total body, cardio and strength training program. Ski Conditioning is a small group fitness class led by highly trained coaches to help improve your cardiovascular fitness and strengthen the muscles used most when skiing.

Speed. Stamina. Strength.

Program offered at our Logan, Ogden, and Salt Lake Facilities.

Discount for 3+ signing up together
14 Sessions for \$350

*Must pay up front, no refunds or make up classes.

Call now to register.
Max 15 athletes per program.



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Salt Lake - TOSH: 801.314.2996

Ogden - McKay-Dee: 801.387.2785

Logan - 435.716.2890