

Cardio Skate®

2009-2010 Season

At Ralph E. Walker Ice Rink,
1080 State St. New Haven
(203-946-8007)

Cardio Skate offers a 50 minute workout, that will elevate your heart rate and tone muscle through interval training. Participants must know how to skate forward, stop and feel comfortable on the ice. Gloves are required for all skaters and light dumbbells (3-5lbs.) are optional. Skaters may bring their own skates or rent skates at no extra charge. Contact the Ralph E. Walker Ice Rink directly for class cancellations due to inclement weather.

Classes Meet Mondays 10:00am - 10:50am

*We are offering **3 Sessions** this season. Skate rentals and registration fees included. No make-ups for missed classes.*

Session 1

Seven Weeks
Nov. 2 - Dec. 14
\$70

Session 2

Seven Weeks
Dec. 21 - Feb. 1
\$70

Session 3

Seven Weeks
Feb. 8 - March 22
\$70

Registration Dates:

Sunday Oct. 25th and **Sunday Nov. 1st.**
From **3pm - 5pm**

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(Sorry, we do not accept credit card payments)