



Skate For Life - Adult Strength & Conditioning Classes

Instructor - Scott Mercer Cost - \$60 per participant

Register Via <https://skatenf.uplifterinc.com>

Date	Time	Location
Sunday October 19	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday October 26	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday November 2	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday November 9	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday November 16	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday November 23	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday November 30	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday December 7	6:30pm-7:15pm	Paradise, Multi Purpose
Sunday December 14	6:30pm-7:15pm	Paradise, Multi Purpose