



## Skate For Life - Adult Strength & Conditioning Classes

**Instructor - Scott Mercer      Cost - \$60 per participant (may attend any/all sessions)**

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

Date	Time	Location
Wednesday July 2	7:30pm-8:15pm	Paradise, Multi Purpose
Monday July 7	7:30pm-8:15pm	Paradise, Multi Purpose
Wednesday July 9	7:30pm-8:15pm	Paradise, Multi Purpose
Monday July 14	7:30pm-8:15pm	Paradise, Multi Purpose
Wednesday July 16	7:30pm-8:15pm	Paradise, Multi Purpose
Monday July 21	7:30pm-8:15pm	Paradise, Multi Purpose
Wednesday July 23	7:30pm-8:15pm	Paradise, Multi Purpose
Monday July 28	7:30pm-8:15pm	CBS Arena
Wednesday July 30	7:30pm-8:15pm	CBS Arena
Monday August 4	7:30pm-8:15pm	CBS Arena