



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
Thursday July 3	7:30pm-8:15pm	Paradise, Multi Purpose
Tuesday July 8	7:30pm-8:15pm	Paradise, Multi Purpose
Thursday July 10	7:30pm-8:15pm	Paradise, Multi Purpose
Tuesday July 15	7:30pm-8:15pm	Paradise, Multi Purpose
Thursday July 17	7:30pm-8:15pm	Paradise, Multi Purpose
Tuesday July 22	7:30pm-8:15pm	Paradise, Multi Purpose
Thursday July 24	7:30pm-8:15pm	Paradise, Multi Purpose
Tuesday July 29	7:30pm-8:15pm	CBS Arena
Thursday July 31	7:30pm-8:15pm	CBS Arena
Tuesday August 5	7:30pm-8:15pm	CBS Arena