



**Skate
NL**

Strength and Conditioning Classes

Instructor – Scott Mercer

October 13 - December 15, 2026

Paradise Double Ice Complex

October - December Conditioning Times

Tuesday October 13 – 6:00-6:50pm (Paradise Resource A)

Sunday October 18 – 9:15-10:00am (Paradise Multi Purpose)

Tuesday October 20 – 5:45-6:30pm (Paradise Multi Purpose) *Time Change

Sunday October 25 – ***No Class Today***

Tuesday October 27 – 6:00-6:50pm (Paradise Multi Purpose)

Sunday November 1 – 9:15-10:00am (Paradise Multi Purpose)

Tuesday November 3 – 6:00-6:50pm (Paradise Resource A)

Sunday November 8 – 9:15-10:00am (Paradise Multi Purpose)

Tuesday November 10 – 6:00-6:50pm (Paradise Multi Purpose)

Sunday November 15 – 9:15-10:00am (Paradise Multi Purpose)

Tuesday November 17 – 6:00-6:50pm (Paradise Resource A)

Sunday November 22 – 9:15-10:00am (Paradise Multi Purpose)

Tuesday November 24 – 6:00-6:50pm (Paradise Resource A)

Sunday November 29 – ***No Class Today***

Tuesday December 1 – 6:00-6:50pm (Paradise Resource A)

Sunday December 6 – 12:00-12:50pm (Paradise Resource A) *Time Change

Tuesday December 8 – 6:00-6:50pm (Paradise Multi Purpose)

Sunday December 13 – 9:15-10:00am (Paradise Multi Purpose)

Tuesday December 15 – 6:00-6:50pm (Paradise Resource A)

Cost: \$125 per skater (skaters may attend any/all sessions)

Installment payment option available at check out

Registration: <https://skatenf.uplifterinc.com/registration/>