



Twin Rinks Off Ice Class Schedule May 5 – June 3, 2026

Class	Class	Day	#	Time	Zelle	CC
4800	Cardio Core	Tues	5	5:15 - 5:45 pm	\$70	\$74
4801	Ballet	Wed	5	6:30 – 7:00 pm	\$70	\$74

Please try to attend your assigned class, we do not offer makeup classes.

Off ice classes are for all ages and all levels of skaters.

Gym shoes are required for all cardio classes. Ballet shoes are required for ballet class.

Class Descriptions:

Cardio Core:

Build endurance while doing dynamic core-stabilizing exercises.

Ballet:

Class will include barre, ballet positioning, and focus on grace and poise. Work on technique, proper body alignment, and musicality while developing core strength and discipline.

Classes are \$14 a class if you pre-register for all classes and pay with zelle. These class will also be available on the FS login for \$20 a class a la carte.