

Winter Maintenance

Starting November 28th-December 21st

Wednesday & Fridays 9:00am-10:00am

\$150.00

Only 10 spots available so sign up now.



Winter Maintenance is a program designed to keep you strong and healthy on the slopes. Classes will include strength based exercises, cardio circuits, & regeneration techniques to keep you injury free.

This program meets twice weekly for 4 weeks, providing everything you need to hit the mountain hard. Programming will be accessible via the Train Heroic app enabling you to train remotely if necessary.

