



Contact: Phone: 781 775-8493 Email: mcsullivan@comcast.net

Summer Classes for skaters

Shape Up on/off ice
Power, Strength, Endurance, Nutrition

Mat and Reformer classes
Class times

Tuesday 11-12 or 12-1pm
Starts Tuesday, June 24th
Classes fill fast. Limited spots

Summer Camp

Back by popular demand...
Intensive training
(high & low levels)

August 4, 5, 6, 7, 2008
12:30 to 2:30

2 full hours on and off ice

Evening classes also available.

Sign up now!

Forms in Rink



Summer Classes for skaters

Contact: Phone: 781 775-8493 Email: mcsullivan@comcast.net

Rockland Ice Rink Fitness Room 599 Summer St Rockland MA

Mat and Reformer classes

Benefits: Increased core strength & stability
Enhanced flexibility & range of motion
Improved posture & body awareness

Special monthly offer:
1 class per week \$55
2 classes per week \$95
3 plus classes per week \$135

Class times

Tuesday 11-12 or 12-1pm
Starts Tuesday, June 24th
Classes fill fast. Limited number.

Evening classes also available.

Mary Sullivan
Licensed Massage Therapist
Mary Sullivan & Elizabeth Reed
Stott Pilates Instructors

Sign up now!

Massage therapy by appointment.
For your convenience, we have set up an auto payment plan.

Return to: Body Mechanics, 82 Highland Drive, Pembroke, MA 02359 All information confidential.

Name _____ Age _____ or Adult _____

Address _____ Town _____ Zip _____

Phone _____ Email _____

I wish to take the following classes: Day ___ time ___ Day ___ time ___ Day ___ time ___

Auto Payment ___ Bank _____ Ck. Routing # _____

Credit card info: M/C ___ Visa ___ # _____ Exp Date _____

I have checked with my doctor and I am physically able to participate in this program.

Release: I recognize that there is a risk of injury in any exercise program. I agree and understand that I am hereby waiving and releasing Body Mechanics, the Rockland Ice Rink, staff and coaches from any claims, costs, liabilities and injuries incurred while in this program.

Signature _____ Date _____



Summer Camp

Shape Up on/off ice
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August 4, 5, 6, 7, 2008

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Intensive training (high & low levels)

2 full hours on and off ice

On ice:

Power skating
New synchro drills
"The Look" Presentation & Packaging
Field Moves in groups with music
Artistic spins, spirals, Ina Bauers
Choreography and Interpretive moves.

Off ice:

Shape up
Aerobics, stretching
Competition warm-up
Nutrition for the athlete
Stroking and check outs

Sign up now!

Includes tee shirt

1 day \$55, 2 days \$100, 3 days \$135, 4 days \$160

Return with payment to: Body Mechanics Camp, 82 Highland Drive, Pembroke, MA 02359

Name _____ Age _____ FS Level _____

Address _____ Town _____ Zip _____

Days Mon _____ Tues _____ Wed _____ Thur _____ Ck# _____ Am't _____

Credit card info: M/C _____ Visa _____ # _____ Exp Date _____

Phone _____ Email _____

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Parent Signature _____ Date _____