

STRETCHING CLASSES FOR SKATERS

With
IRINA AKSENOV

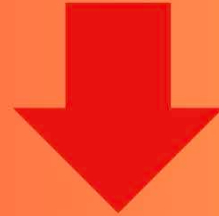
WEDNESDAYS 6:45-7:15

REGISTER NOW

Great Neck
Figure Skating Club ★ ★ ★
New York - Since 1940



SCAN



GNFSC is excited to present Stretching & Flexibility classes with Irina Aksenov.

Irina Aksenov is a former Ukrainian master of sports rhythmic gymnast, with over 15 years of experience coaching young gymnasts, preparing them for regional and national competitions.

Irina is offering barre stretching classes for skaters of all levels and ages.

Her signature method utilizes your own body weight and the ballet barre to combine body strengthening with mental sharpening. These classes will assist skaters in achieving skills, improving flexibility and reaching their goals.

Price: \$20 per class
Sign up: Contact GNFSC
greatneckfsc@gmail.com