

MVSA SUMMER 2022 OFF-ICE CLASSES

NEW SUMMER OFF ICE CLASSES!!!

Mondays at 7am

- Dynamic Warm-up/Workout
- Mindfulness/Mental Performance Strategies with Tori Morrison, M.A., Marriage & Family Therapist Associate (Portland Therapy Center)

Tuesdays at 7am

- Dynamic Warm-up/Workout

Wednesdays at 7am

- Dynamic Warm-up/Workout

Thursdays at 7am

- Dynamic Warm-up/Workout

Thursdays at 10:45am

- Yoga and Ballet with Coach Annee Magee

Fridays at 7am

- Dynamic Warm-up/Workout
- IJS Competition Strategies with Coach Alexis Mante

** MVSA Off-Ice Summer Options are available June 20-Aug 27th. NO classes July 1-4th.**

NEW SUMMER OFF-ICE PACKAGES

\$10 drop in per class (MUST pay at the front desk to participate)

\$30/week (6 classes: M-F 7am & yoga/ballet Th10:45am. Must pre-register to get the discount)

\$100/month (Includes ALL Academy off-ice classes M-F for each month. Must preregister to get the discount)

Sign-up: 15560.ezfacility.com/Membership
Email: mtnviewsa@gmail.com with questions.

