



# STRENGTH FOR THE SLOPES

## 6 WEEK INJURY PREVENTION AND STRENGTH PROGRAM FOR ADULT SKIERS

### Group Strength Class

This class is taught by physiotherapist, former NorAm Tour Freestyle Skier, and Edmonton Freestyle Head Coach Emilie Brown. The course will provide adult skiers of all levels with a strength program to best prepare them for the ski season.



WEDNESDAYS  
5:30 - 6:30 PM

NOVEMBER 16 -  
DECEMBER 21

ADVANTAGE SPORT  
MEDICINE SOUTH  
LOCATION  
(3RD FLOOR)

COST:  
\$210 + TAX

TO REGISTER  
Call (780) 229-0174

ADVANTAGE SPORT  
MEDICINE

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