

Ski & Snowboard Fitness Testing

Your Skis and Snowboard are ready...Are you?



Take a 45 minute skiing fitness test.

- beginner, intermediate, or advanced skier
 - learn your strengths and deficits
 - we will teach you fitness exercises
 - do the exercises for 8 weeks at home/rec. center
 - learn how to prevent ACL tears
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Call for more information or to schedule your test.



Center Green northeast Boulder Office
303•413•9903

NW corner of Foothills Pky & Valmont
3000 Center Green Drive, #110, Boulder
Hours 7am to 6 pm Monday to Friday.

Mention this ad and receive the test for \$50
or schedule to take the test at the same
time as a friend two people for \$45 per person