



STEADMAN HAWKINS DENVER SPORTS PERFORMANCE

Ski Performance Program

Begins
November
4th!!



Tuesday/Thursday 6:00-7:00 pm

\$199.00/4 weeks of sessions

- Small Groups (4-6)
- **SKI LONGER** – conditioning work specific to the energy demands of skiing and snowboarding
- **SKI BETTER** – strength and power work to allow you to maintain proper form no matter the terrain
- **SKI SAFER** – balance, stability, and core strength work designed to reduce your risk for injury

STEADMAN HAWKINS
DENVER

8200 E Belleview Ave
Suite 615
Greenwood Village, CO
80111

Phone: 303-694-3333

Fax: 303-694-9666

E-mail: llandow@shcdenver.com