

# Conquer the Mountain this Season

Be prepared to hit the slopes this season with "Ski Conditioning"

**WHAT:** Pre-season Ski Conditioning. This is a progressive conditioning program therefore the 1<sup>st</sup> week will be like cruising down a green/blue trail but soon after you will be out-of-bounds.

**WHERE:** Down Under Fitness – 801 Hill Ave., Wyomissing, PA 19610 – VF Outlets – 3<sup>rd</sup> Floor of Blue Bldg.

**WHEN:** 3-days/week starting Mon. Oct. 17<sup>th</sup> at 6:40pm (please arrive 15 minutes early) through Wed. Dec. 21<sup>st</sup>. Classes will run for 1-hr, every Mon & Wed: 6:40-7:40pm & Friday's: 5:40-6:40 through December 22nd.

**COST:** Non-members: \$150. Current members: \$40. Single class participation \$10. Please inquire about our membership programs.

**PARKING:** Parking available in front of Courtyard Marriott, walk through tunnel, enter Blue Bldg on left. You may also park in between VF's Red & Blue Building



**OPEN HOUSE CLASS: Monday Oct. 10<sup>th</sup> at 6:40pm; come on in, take a peek and participate in the Flying Dutchmen class.**

Please contact us with any questions:

Down Under Sports & Fitness – 801 Hill Ave., Wyomissing, PA 19610

**610-376-0909 [www.DownUnderFit.com](http://www.DownUnderFit.com)**