



BOULDER
orthopedics

Boulder Orthopedics Physical Therapy &
Sports Medicine Present:



Ski Conditioning Clinic



Ski Clinic 2008

Your skis' are waxed and you are itching to get back on the slopes!! One question, are you ready for the demands that skiing brings? Well, we have the solution!!

The ski conditioning clinic will include:

- * Personalized flexibility, strength and balance screenings.
- * Strength & cardiovascular endurance exercises to keep you on the slopes.
- * Core stability, balance & power exercises for enhanced performance and injury prevention.
- * Tips & exercises to build your own training regimen.

Dates: **Cost:** \$80 for clinic (\$20 per session) **Time:** 9am–11am (Dates and times subject to change)

ASAP or By Oct. 4: *PRE-SKI CLINIC 30 MIN. SCREENING*

Oct. 11: *FLEXIBILITY, CORE STRENGTH AND ENDURANCE*

Oct. 18: *BALANCE AND STRENGTH TRAINING*

Oct. 25: *POWER AND AGILITY TRAINING*

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