

# snow sport CONDITIONING

**Are you eager for snow season to hit so that you can dust off your snowboard, skis or snowshoes?**

Let Rhonda Beckham develop a personalized, well-rounded training program to prepare you for ski season.

If you want to reduce your risk of injury with greater flexibility, increase balance with Pilates core work and develop muscle strength and endurance you need to start conditioning now.

**MEET 3 X PER WEEK FOR 3 WEEKS**

**PAYMENT PLANS AVAILABLE**



HELPMERHONDA