



# DRY LAND SKI CONDITIONING

## **Condition yourself for the upcoming winter season!**

Six workouts at ZUM will focus on technique training, movement conditioning and skiing mechanics instruction—plus healthy nutrition tips for optimal performance.

Join ZUM personal trainers and massage therapists, Chris Zilliax and Dorothy Sager. Chris is a former semi-pro skier cross racer with over 16 years instruction experience, and Dorothy is a kinesiologist with over 30 years of experience in rehabilitation and nutrition.

**Class begins Monday, November 8th from 7:00pm until 8:15pm for six consecutive weeks through December 13th.**

Space is limited to 10 participants, so sign up today!  
Cost is \$240 for Members and \$300 for Non-Members.

WWW.CLUBZUM.COM  
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