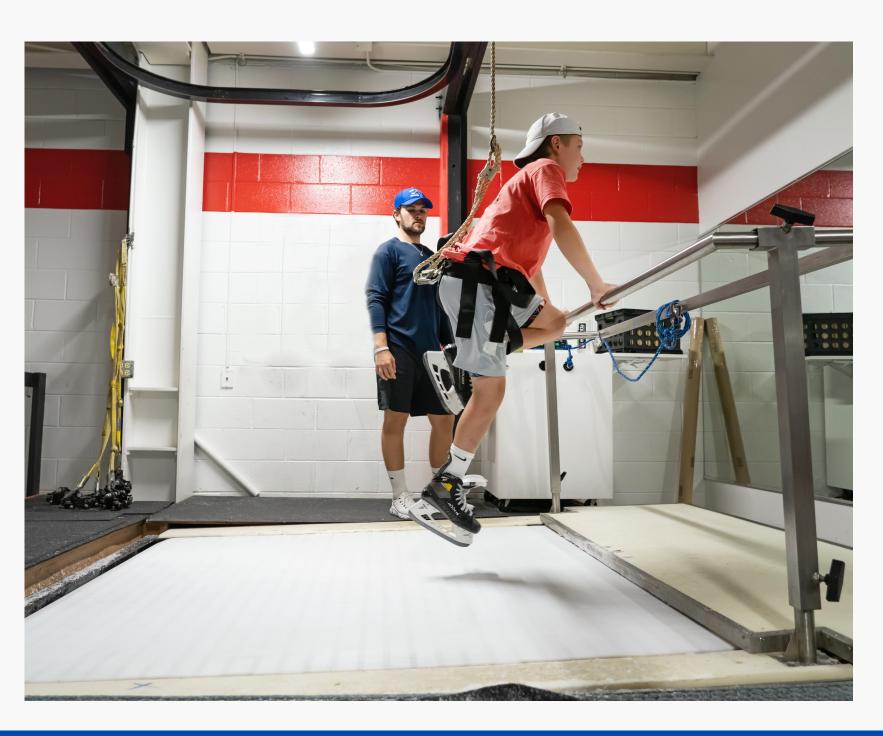
SKATING TREADMILL

- Skating mechanics

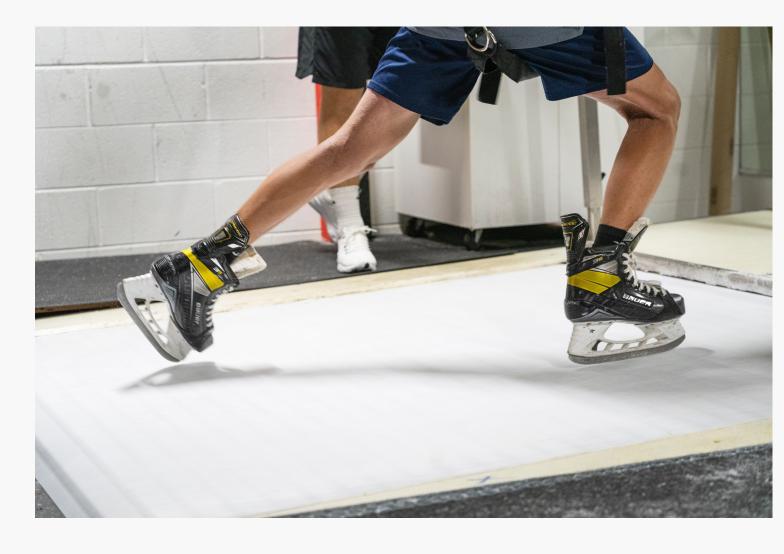
@Fox Valley Fitness

- Strengthen lower body
 - Edgework
- -Speed and Endurance









TRAIN WITH US.



