

# MILFORD ICE ICERCISE



DO YOU LIKE ICE SKATING?  
TRY OUR AEROBICS ON ICE CLASS FOR A GREAT  
WHOLE BODY WORKOUT!

WEDNESDAY MORNINGS 9:00-9:45

*Through gliding and synchronized movement of the legs, the joints and muscles will get a great **workout** and will become flexible in no time. **Skating** is said to be more beneficial than cycling and running. **Ice skating** works almost every major muscle group in the body, including joints.*

Must have some skating experience  
Fee is \$20.00 per session

Contact Rachel Ricca for more information at 203-676-7423 OR  
[MILFORDICERACHEL@GMAIL.COM](mailto:MILFORDICERACHEL@GMAIL.COM)



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