

Pettit National Ice Center Summer Figure Skating Off-Ice Program

For every 3 contracted off-ice classes receive 1 additional contracted off-ice class FREE!!!

Meet the instructors:

Sandy Byrne
Yoga, Pilates



Sandy Byrne is a certified Hatha Yoga Instructor, Pilates Mat Instructor, and a Swedish Therapeutic Massage Professional. In her youth through her teens she practiced gymnastics and dance. As such, she has a huge passion for dance and figure skating and is uniquely qualified to adapt Yoga and Pilates to the conditioning needs of Figure Skaters. Both Yoga and Pilates have graceful flowing movements synchronized with the breath that mimic and/or resemble the stylistic posturing found in Figure Skating. Regular attendance and practice of these holistic Mind-Body forms yields the following benefits:

- Improved posture and body awareness
- Increased flexibility /longer extensions
- Increased core strength
- Enhanced muscular endurance
- Better balance and gracefulness
- Breath techniques promoting ease of movement
- Decreased risk of injury
- Therapeutics to support healing of injuries

Sandy is thrilled to bring the Wisdom and Joy of Yoga and Pilates to the Figure Skating Community. These Mind-Body techniques will support ease of movement – which you can easily transfer to the ice!

For more information on Sandy's education and experience visit
http://www.linkedin.com/in/sandy_byrne
<http://www.facebook.com>

Jennifer Fitz-Gibbon
Conditioning, Cycling, Pilates, Yoga



Jenny received her B.S. in Kinesiology from UW-Eau Claire and her M.S in Exercise Physiology. Jenny brings over 8 years of experience personal training many different athletes including but not limited to dancers from Michael Flatley's Lord of the Dance, division I high school soccer players and regional champion figure skaters. Jenny also teaches Water aerobics, Cycle, Piyo, Pilates and Indorow. Jenny has competed in 16 triathlons in the past 5 years and has always placed in her age group. The past four years she has been off- ice training the figure skaters from Rochester, MN. She has loved watching them progress from juvenile to junior level and can't wait to see them competing at the senior level this upcoming season. Jenny has talked at several conferences on the topics of nutrition and proper warm-up and cool down for pre and post work outs as well as for competitions. Additionally, Jenny has been working for the past 5 years at Mayo Clinic in cardiopulmonary physiology research. She has been working primarily with heart failure patients before and after they have pacemaker or heart transplant surgery. Other areas of research include metabolism, altitude/hypoxia and extreme athlete physiology.

This summer at The Pettit Center Jenny will be offering off-ice conditioning, pilate/yoga infusion and cycling classes. Some benefits skaters will see from these classes is improved jump height, stamina, multi-directional skills, reaction skills, aerobic and anaerobic conditioning, speed, agility, overall strength and power, core strength, and nutritional guidance.

Annette T. Thomas
Artistry and Movement, Ballet



Russian Technique Ballet, Folkloric Dance, Conditioning, Body Alignment & Style
Years Teaching: 35

Skating/Dance Credentials: Trained with the late Mme. Maria Nevelska of the Bolshoi Ballet, Ana Garcia of the San Juan Ballet in Puerto Rico, Mme. Alexandra Danilova and Marguerite De Anguera. Flamenco Dance with Jose Greco and Mika Mingo.

Certified in Russian Method Classical Ballet by Dr. Peggy Willis-Aarnio in 2005.

Past performer with the Florentine Opera Company, Skylight Comic Opera, The Milwaukee Symphony Chorus, various folkloric dance groups and Music Under the Stars. Over 30 Years Experience teaching Modern Dance, Jazz, Folkloric, Character Dance, Alignment and Body Awareness and Classical Ballet Technique. Choreographer for various Greater Milwaukee dance groups churches and schools. Author of "Fundamentals of Alignment and Classical Movement for Figure Skaters"

Specialty teaching both handicapped and gifted children.

Member of the International Association for Dance Medicine and Science (IADMS), and the Wisconsin Dance Council.

PSA Member

Web Site: <http://balletforfigureskaters.com>