

# Ski & Snowboard Conditioning

6 Week Series

Presented by the Kaiser Permanente South  
Sacramento Sports Medicine Department



Do you want to carve the slopes with more confidence?

If so, come join physical therapist, Kyle Tsuye, for some great workouts before heading up to the mountains.

## **DATES:**

November 4 – December 11, 2008  
Tuesdays & Thursdays  
6:30 am – 8:00 am

## **COST** (for 6 week session):

\$65 for Kaiser members  
\$100 for non-members

\* For ages 18 and over

## **LOCATION:**

South Sacramento Medical Center  
6600 Bruceville Road  
Sacramento, CA 95823

\* class size limited so call today.

**For more information and to register, please call:**

**(916) 688-6078**

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