



Adult Classes and Private Training Sessions

**Ski - Snowboard - Skate - Scooter - BMX/MTB - Tumbling - Parkour
Slacklining - Fitness - Video Production**

Progrsh offers a variety of Adult Classes for all ages and ability levels, led by the **best coaches in the industry**. Classes run 6 consecutive weeks, and are designed for **overall fitness** and strategic **skill progression**. Whether you're a seasoned athlete, new to action sports, or looking to recover from an injury, our staff and facility have something to add to your practice. Private training sessions are also available for individuals and groups.

Adult Snowboard Class

The Facts:

- Beginner – Advanced classes available
- Ages 18 and up
- 1 hour class time
- 1 to 8 Instructor to student ratio
- \$150 for 6 week session (free for Members)
- Helmets required

Adult snowboard classes are designed to take every rider to the next level, be it overall progression or dialing that next big trick. Instructors utilize all areas of the facility to create an exciting and unique class that builds both physical and mental riding skills. Students learn the importance of making safe decisions, and gain the essential tools helpful in evaluating their own ability level. Coaches work with each student individually to identify strengths and weaknesses in their riding style, with the goal of creating fundamentally strong, well rounded snowboarders. Our curriculum focuses on strategic skill progression, and includes lessons in turning, stopping, Ollies, spins, grabs, rails, jibs, jumping/landing techniques and riding switch stance. Students are also introduced to various cross- training methods and taught how strength, balance, flexibility and fitness relate to snowboard ability and overall wellness. This low-pressure laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

Adult Ski Class

The Facts:

- Beginner – Advanced classes available
- Ages 15 and up
- 1 hour class time
- 1 to 8 Instructor to student ratio
- \$150 for 6 week session (free for Members)
- Helmets required

Adult ski classes are designed specifically to challenge every freestyle skier who is looking to perfect their tricks and add new ones to their arsenal. Instructors utilize all areas of the facility to create an exciting and unique class that builds both physical and mental riding skills. Students learn the importance of making safe decisions, and gain the essential tools helpful in evaluating their own ability level. Coaches work with each student individually to identify strengths and weaknesses in their skiing style, with the goal of creating fundamentally, strong well rounded skiers. Our curriculum focuses on structured learning through creative drills that increase skill progression and includes lessons in spinning, jumping/landing techniques, grabs, rails, jibs and skiing switch. Students are also introduced to various cross- training methods and taught how



strength, balance, flexibility and fitness relate to skiing ability and overall wellness. This low-pressure laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

Adult Tumbling and Trampoline Class

The Facts:

- Beginner – Advanced classes available
- Ages 15 and up
- 1 hour class time
- 1 to 8 Instructor to student ratio
- \$125 for 6 week session (free for Members)

Our adult tumbling and trampoline classes are designed for students with varied experience, aspirations and personal goals. We offer classes that accommodate those interested in action sport cross-training as well as students that wish only to perfect their tumbling skills and learn more. Our expert instructors teach beginner through advanced tumbling maneuvers on the spring floor, trampolines and airbag while utilizing various mats, bars, harnesses and balance trainers. This class is ideal for anyone that wants to increase flexibility, coordination and upper/ lower body strength. Skills such as handstands, cartwheels, roundoffs, limbers, walkovers, handsprings, twists and flips are all taught in a safe fun and positive environment.