

PIONEER

= MIDWEST =

Join Olympians Brian Gregg and Caitlin Gregg for 8 weeks of ski technique and workouts to help you reach your goals in Nordic Skiing.



Jan 16: Classic
Jan 23: Skate
Jan 30: Classic (Loppet Week)
Feb 6: Skate (Vasaloppet Week)
Feb 13: Classic
Feb 20: No Class Birkie Week
Feb 27: Skate
Mar 5: Classic (Bear Chase Week)
Mar 12: Skate



Tuesday mornings at Theodore Wirth on the manmade loop from 8:30-10AM (meet on the trail at the roundabout) Session will include 30 minutes of drills and technique before the interval workout of the day. All abilities welcome, desire to improve and Wirth All Access Trail pass required

Cost is \$240 for 8 sessions from January 16th through March 12th (No class Birkie week)

Register with an email to caitlincgregg@gmail.com and payment via venmo to @TeamGregg



Team Gregg, LLC
@TeamGregg



venmo