

Our gym gets a new face lift for 2009. To improve our off-ice training, the OHA/AR staff has had a busy holiday season working on the gym. We've added (6) new spinner bikes. Now the whole team can warm up! But the biggest change is our new Olympic weight lifting corner.

We expanded the gym by over 200 sq ft and devoted the new corner to strength training. Two new Olympic lifting platforms have been built. 1000 lbs of weights and (3) new weight bars have been purchased. Its time to get stronger.

This face lift is just one of the projects we have undergone to improve the Academy – where good is not good enough.