

Curling



Curling is the winter sport in which players slide stones down a sheet of ice towards a target area of 4 concentric circles. While the game is highly strategized, players require an elite level of strength, cardiovascular training and flexibility to deliver a strong performance in throwing and sweeping.

*Please advise the Wellness Centre Staff if any modifications are required

Curling Workout of the Day

10 Renegade Row

20 Walking Lunges

1 Minute of Mountain Climbers

