



Dryland Cross-Country Ski Training Clubs

Tuesday's, 6 - 7:30 PM, French Regional Park

September 15 - November 17

Wednesday's, 9 - 10:30 AM, Hyland Lake Park Reserve

September 16 - November 18

Thursday's, 6 - 7:30 PM, Hyland Lake Park Reserve

September 17 - November 19

Improve your technique and fitness for year-round activity or for the cross-country ski season. Work on strength, core, balance and cardio conditioning through pole hiking, hill bounding and circuit training. Led by a PSIA-certified instructor. Reservations required. \$100/10 sessions. Registration opens September 1 at 8 AM. To register visit ThreeRiversParks.org or call (763) 559 6700. Questions? Email Tyler.Thompson@threeriversparks.org.