Dryland Cross-Country Ski Training Clubs

French Regional Park
Tuesday's
September 14 -
November 2
6 - 7:30 PM

Hyland Park Reserve
Wednesday's
September 15 -
November 3
9 - 10:30 AM

Hyland Park Reserve
Thursday's
September 16 -
November 4
6 - 7:30 PM

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. Reservations required. $80/8 sessions. Questions? Email Tyler.Thompson@ThreeRiversParks.org.

Register online at ThreeRiversParks.org/programs or by calling 763.559.6700.

ThreeRivers PARK DISTRICT

ThreeRiversParks.org