

BHST EXOS Dryland Practices

1635 Caregiver Circle, Rapid City, SD 57702

Sports Performance Training prepares the athlete to get the most out of their bodies by increasing strength, endurance and flexibility leading to increased productivity on the mountain and decreasing injury. Athletes will work in small groups with coaches to ensure training is done correctly and efficiently.

Dryland Practice Schedule (\$10 per participant for each session attended)

All session from 10:00 am to 11:00 am

- Saturday, October 10
- Saturday, October 24
- Saturday, November 7
- Saturday November 21
- Saturday, December 5
- Saturday, December 19