

GOLF READY MEMBERSHIPS

Monument Health Sports
Performance Institute
Powered by EXOS and
Hart Ranch Golf Course



ENJOY THE BENEFITS OF BOTH

Monument Health Sports Performance Institute Powered by EXOS Membership Includes:

- + Unlimited EXOS access
- + Unlimited group classes
- + 4/year- 30-minute massages
- + 8/year- nutrition consults
- + 4/year- performance coach consults
- + ESD access
- + EXOS Journey access
- + Initial Strategy Session with Performance Coach

Hart Ranch Golf Course Membership Includes:

- + Lean Membership at Hart Ranch Golf Course
- + Member Only tee times after 4pm daily
- + Book tee times up to 30 days in advance
- + Guest Green Fees at 20% off
- + Monthly Charge Account
- + Club Credit does not expire
- + Member rates on Trackman and Simulator
- + Golf Cart Membership add-on
- + Golf Cart & Driving Range Membership add-on

Monthly Membership Cost:

(12-month agreement)

- + Individual: \$189/month
- + Family 2: \$279/month
- + Family 3: \$329/month
- + Family 4: \$399/month

THE EXOS DIFFERENCE

EXOS leverages the proven methodology and award winning facilities of EXOS to revolutionize your life and transform how you perform, look, and feel each day. The EXOS system utilizes the integrated approach of mindset, nutrition, movement, and recovery that has helped power many of the best athletes in the world. Whether you want to increase your energy levels, improve your golf game, lose 10 pounds or feel stronger, we can help you reach your goals.

HART RANCH GOLF COURSE

Hart Ranch is nestled against foothills of ponderosa pine creating a beautiful Black Hills golfing resort. Hart Ranch's 18-hole Championship Golf Course, located just outside Rapid City, is perfect for golfers of all ages and ability levels.

Hart Ranch is where award-winning design provides both the novice and the scratch handicapper a memorable and genuine Black Hills golfing experience.

SIGN UP TODAY

605.755.MOVE

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SPORTS PERFORMANCE INSTITUTE
POWERED BY EXOS

