

Try our newest fitness program ideal for the 60+ population

ROW & GO

Interval indoor rowing classes

- Burns calories FAST
- Strengthens the back and legs
- Gentle on the joints

WHEN: Classes start the first full week of each month

DURATION: Twice weekly for 4 weeks

CLASS TIMES: Monday & Friday 11 - 11:45 am
Tuesday & Thursday 4 – 4:45 pm
Tuesday & Thursday 7 – 7:45 am (as needed)

CLASS
FORMAT: 5 min. warm up alternated with 4-6 minute rowing
sessions.
Remaining class time is then divided into rowing,
strengthening and stretching sessions

COST: 4-weeks of classes: Members = \$80
Non-member = \$160
(includes 1-month club membership)

INFO: A 4-week commitment is important to learn proper technique
with coaching from certified staff.
Classes are limited to 6 for personalized instruction.

INSTRUCTORS: Carol Penfield, Nurse Practitioner
Barb Howard, gold medallist Masters Nationals,
FISA World Masters, Head of the Charles

Interval exercise is ideal for weight loss, heart health and avoiding boredom!
Try something new. You do NOT have to be an athlete, all levels welcome!