

NEW BEDFORD COMMUNITY ROWING IS



JOIN A CLASS TODAY!



Adult Class Times (ages 19+):
Tues., Thur. & Fri. 5:30-7:30am
Mon. Tues. Thurs. 5:30-7:30pm
Teen Class Times (ages 13-18):
Mon., Tues., Thur., Fri.
3:30pm-5:30pm



What Will the Classes Consist of?

Classes/Programming are geared towards racing for 2-3 indoor races, the biggest one is in February 2012 up in Boston.

Rowers don't have to race, but that's what YOU will be working towards!!!

Weekly Classes will consists of a lot of erging (rowing) but will include some weights, some stairs and circuit work, and various stretching and core exercises.

If you are interested in joining or finding out more information about joining the winter team, please go to the link below OR contact Carolyn McGonagle at 508.717.4013 or carolyn@communityrowing.org



Join the Winter Rowing Team today!

www.newbedfordcommunityrowing.org/sign-up/winter-training/