

7-Week Rowing Group Personal Training

Make your training sessions more productive and fun! Work on stroke rate and power! Learn how to make rowing a part of your cross-training routine! Beginners, learn proper form, posture, and technique. Rowing GPT is a certified trainer-led program designed to coach novice to advance participants through a range of efficient workouts. Learn to effectively use a variety of training tools to build in the off-season including the ergometer, BOSU ® ball, stability ball, medicine ball, dumbbells and bands to build muscle, increase metabolism, burn fat and maximize results! *Classes limited to 6 people.*

**Starts Wednesday, April 16th
7:00-8:00pm**

Fee: \$110.00/Members; \$130.00/Non-Members

Contact Diane Abramson today to register!

**508-852-6694 x273
dabramson@ymcaofcm.org**

Take it to the Water!

**The Killer Bees Rowing Club is actively seeking new members,
and invites you to try a row with them.**

The Killer Bees Rowing Club provides access to the sport of rowing to men and women of all ages and all abilities in Central Massachusetts. KBRC offers open sweep rowing sessions to its members to enjoy Lake Quinsigamond, while benefiting from a full-body, low impact workout. As an organization, we value teamwork and find joy in rowing for exercise and competition. We strive to be positive members of the local community.



Look online at www.killerbeesrowingclub.org or send an email to row@killerbeesrowingclub.org