

# Survive, Thrive & Be Fit!

## Indoor Rowing Group!



*Above: Train with us as we prepare for our third annual Lake Michigan crossing in March of 2018!*

### “ALL IN THE SAME BOAT!”

Team up with this group of survivor-athletes dedicated to fun, fitness and the common goal of supporting each other wherever they may be (newly diagnosed or long-time survivor) on their cancer journey!

### The Benefits of Indoor Rowing:

- Easy to learn and do... for all ages, body types and fitness levels!
- Low impact... for comfortable and injury free exercise!
- Total body workout... uses virtually every muscle group!

### Beginner, Casual and Competitive Survivor-Athletes Welcome!

The main focus of the Indoor Rowing Group is to have fun and support one another while working out. Individual survivor-athletes determine their own pace, intensity and effort while contributing to a variety of team goals and (optional) individual and team challenges.

### Attend a Brief Informational Meeting & Demo:

**Tuesday, October 17<sup>th</sup> at 5:30P & 7:30P**

Before/After TLC Survivorship Session

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan – 2<sup>nd</sup> Fl. Conf. Rm.

### FIRST INDOOR ROWING GROUP SESSION:

**Wednesday, October 25<sup>th</sup>: 10AM & 5:30PM (Watch for Details)!**



### For More Information:

Contact Tim at 920.457.2223 or

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)