

Survive, Thrive & Be Fit!

Indoor Row 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.

- **Group Indoor Row Sessions now through April 2018!**
- **Guidance and Instruction offered!**
- **For more information or to schedule a meeting and/or a row demonstration... contact Tim at 920.457.2223!**



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

To learn more:
visit www.scccf.org or call 920.457.2223