

# 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!”**

### 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 to Experienced Survivor-Athletes Welcome!

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

- **Group Indoor Row Sessions through April 2018!**
- **Beginners welcome – contact Tim for a demonstration and details!**

**From Maryellen (cancer survivor and rookie rower):** *“I have been looking for something to add to my walking & other exercises since something seems lacking in my overall strength since finishing chemo – even though it's a year ago! (What's that all about? You'd think by now strength/balance would be resolved. Sometimes this new normal stinks!) Anyway, I think the rowing will be perfect, especially going into the winter months.”*



**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](http://www.scccf.org) or call 920.457.2223

JANUARY, 2017 IRG (Indoor Row Group) Sessions (as of 12/12/17)

Day/Date/Time	Rowers Requesting Time Slot	Confirmed Assignments		
		#1	#2	#3
Wednesday – 1/3	MOA/SCBS			
1200P to 1230P (Tim)	<i>Maryellen K, Janet S</i>	<b>Maryellen K</b>	<b>Janet S</b>	
1230P to 100P (Tim)	<i>Cindy B, <del>Janet S</del>, Dennis S,</i>	<b>Cindy B</b>	<b>Dennis S</b>	
100P to 130P (Tiim)	<i>Dan K</i>	<b>Dan</b>	<b>Tim</b>	
430P to 5P (Tim)				
5P to 530P (Beth)	<i>Lisa G</i>	<b>Lisa G</b>		
530P to 6P (Beth)	<i>Mike B, <del>Lisa G</del></i>	<b>Beth (host)</b>	<b>Mike B</b>	
6P to 630P (Beth)	Available after above slots fill.			
Thursday – 1/4	MOA/SCBS – TLC Survivorship Can Be Fun	MOA/SCBS		
4P to 430P (Tim)	<i>Bob H, Barb S</i>	<b>Bob H</b>	<b>Barb S</b>	
430P to 5P (Tim)	<i>Jill P (1), Janet S</i>	<b>Jill P</b>	<b>Janet S</b>	
5P to 530P (Tim)	<i><del>Jill P (2)</del>, Maryellen K</i>	<b>Maryellen K</b>		
530P to 6P (Tim)	<i>Mike B</i>	<b>Mike B</b>		
6P to 630P (Tim)				
630P to 7P (Tim)				
Wednesday – 1/10	MOA/SCBS	MOA/SCBS		
5P to 530P (Beth)	<i>Janet S, Lisa G, Dennis S</i>	<b>Lisa G</b>	<b>Dennis S</b>	<b>Janet S</b>
530P to 6P (Beth)	<i>Mike B, <del>Lisa G</del>, Dennis S</i>	<b>Beth (host)</b>	<b>Mike B</b>	
6P to 630P (Beth)				
Thursday – 1/11	MOA/SCBS	MOA/SCBS		
1200P to 1230P (Tim)	<i>Maryellen K, Janet S, <del>Dennis S</del></i>	<b>Maryellen K</b>	<b>Janet S</b>	
1230P to 100P (Tim)	<i>Cindy B, <del>Janet S</del>, Dennis S</i>	<b>Cindy B</b>	<b>Dennis S</b>	
430P to 5P (Tim)	<i>Jill P (1)</i>	<b>Jill P</b>		
5P to 530P (Leah)	<i>Jill P (2), Mike B, Lisa G</i>	<b>Mike B</b>	<b>Lisa G</b>	
530P to 6P (Leah)	<i><del>Lisa G</del></i>			
Monday, 1/15	MOA/SCBS			
445P to 515P (Tim)	<i>Cindy B, Janet S, Dennis S</i>	<b>Cindy B</b>	<b>Janet S</b>	<b>Dennis S</b>
515P to 545P (Tim)	<i>Maryellen K, Mike B, Dennis S</i>	<b>Maryellen K</b>	<b>Mike B</b>	
545P to 615P (Tim)				
630P to 7P (Tim)				
Wednesday, 1/17	MOA/SCBS			
5P to 530P (Beth)	<i>Jill P (1), Janet S, Dennis S</i>	<b>Jill P</b>	<b>Janet S</b>	<b>Dennis S</b>
530P to 6P (Beth)	<i>Jill P (2), Mike B, Dennis S, Bob H</i>	<b>Beth (host)</b>	<b>Mike B</b>	<b>Bob H</b>
6P to 630P (Beth)				
Thursday, 1/18	MOA/SCBS			
5P to 530P (Leah)	<i>Maryellen K, Lisa G</i>	<b>Maryellen K</b>	<b>Lisa G</b>	
530P to 6P (Leah)	<i>Mike B, Lisa G, Bob H</i>	<b>Mike B</b>	<b>Bob H</b>	
Monday, 1/22	MOA/SCBS – Yoga (530P-630P)			
1200P to 1230P (Tim)	<i>Maryellen K, Janet S, Dennis S</i>			
1230P to 100P (Tim)	<i>Janet S, Dennis S, Bob H</i>			
445P to 515P (Tim)	<i>Cindy B, Barb S</i>			
515P to 545P (Tim)				
545P to 615P (Tim)	<i>Mike B</i>			
630P to 7P (Tim)				
Wednesday, 1/24	MOA/SCBS			
5P to 530P (Beth)	<i>Jill P (1), Janet S, Lisa G, Dennis S</i>			
530P to 6P (Beth)	<i>Jill P (2), Janet S, Mike B, Lisa G, Dennis S, Bob H</i>	<b>Beth (host)</b>		
6P to 630P (Beth)				
Monday, 1/29	MOA/SCBS – Yoga (530P to 630P)	MOA/SCBS		
445P to 515P (Tim)	<i>Cindy B, Janet S, Dennis S</i>			
515P to 545P (Tim)	<i>Maryellen K, Dennis S</i>			
545P to 615P (Tim)	<i>Mike B</i>			
630P to 7P (Tim)	<i>Janet S</i>			
Wednesday, 1/31	MOA/SCBS – “Let’s Row to the Movies”	MOA/SCBS		
12P to 115P (Tim)	<i>Cindy B, Janet S, Dennis S</i>			
12P to 115P (Tim)	<i>Dennis S, Barb S, Maryellen K</i>			
4P to 515P (Tim)				
4P to 515P (Tim)				
515P to 630P (Tim)	<i>Mike B, Lisa G</i>			
515P to 630P (Tim)	<i>Lisa G, Bob H</i>			

Instructions: Send me the dates/times of interest (second time choices appreciated). Requests will be listed in ***Italicized Red***. Confirmed Assignments will be determined two weeks in advance and listed in **Blue Bold**. NOTE: I will base assignments in a manner that allows the most people to row the most often. If, for example, one person is only available for one specific time slot throughout the month... I would give them higher preference than someone who is available for multiple slots.