

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 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, challenges and activities!

Benefits of Indoor Rowing:

- Rowing is easy to learn and do... for all ages, body types and fitness levels!
- Rowing is a low impact activity... for comfortable and injury free exercise!
- Rowing exercises all major muscle groups: legs, arms, back, abdomen, and buttocks.
- Rowing exercises muscles through a wider range of motion than most other exercises thereby promoting flexibility and mobility.
- Rowing provides aerobic and anaerobic conditioning as well as strength conditioning.
- Rowing is a lifelong sport that can be performed and enjoyed by all ages.
- Rowing is a smooth motion, rhythmic, and impact free.
- Rowing is a time-efficient workout. It doesn't take long to get a great workout.

Group Indoor Row Sessions through April 2018!

Beginners welcome – contact Tim for details on how to get involved!



**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