

Survive, Thrive & Be Fit!

Indoor Row Group!

DUE TO COVID-19, THE 2020/21 INDOOR ROW GROUP IS OFFERING VIRTUAL ROWING SESSIONS!

- Now in its sixth year, the Indoor Row Group is responding to the current pandemic with VIRTUAL and ONLINE rowing sessions and opportunities with a limited number of individual rowing sessions for those who do not have access to a rowing machine/ergometer!
- LIVE VIRTUAL rowing sessions will be facilitated by a Concept2 Certified rowing coach from Recovery on Water of Chicago. These sessions will be recorded and made available to IRG members.

LIVE Virtual Rowing Sessions (via Zoom)

NOVEMBER:

Wednesdays, November 4th, 11th & 18th ● 530P to 630P!

DECEMBER:

Thursdays, December 3rd, 10th & 17th ● 530P to 630P!

MEETING ID: 833 9821 3314 ● PASSWORD: 892356

**LIVE Virtual Rowing Sessions and Individual Rowing Opportunities are
Open Only to Current ST&BF Indoor Row Group Team Members!**

For more information, 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