



INDOOR ROWING CLASSES



**6-week
series
\$60**

ROWBICS™ Indoor Rowing is at *The Beach* this Fall!

You can get a great workout without leaving campus at one of our 4 weekly classes!

ROWBICS™ QuadCore™ Conditioning

A Total Body Workout ~ Burns Tons of Calories
Builds Core Strength ~ It's Fun and Energizing
A Blast to do and Easy to Learn..



For more information and scheduling updates,
email wharkness@csulb.edu

Class Schedule

MON	TUE	WED	THU	FRI	SAT
12-1:00 PM 5:30-6:30 PM	12-1:00 PM	12-1:00 PM 5:30-6:30 PM	12-1:00 PM		

www.ROWBICS.com