

# INDO<sup>®</sup>ROW

Held in our Newly Renovated Boathouse at The Fieldhouse



Celebrated by athletes and celebrities alike, and dubbed "The Perfect Calorie Burn," the Indo-Row<sup>®</sup> program is a one-of-a-kind rowing workout that will truly change the way you think about group exercise. Created by Josh Crosby, a World Rowing Champion and professional endurance athlete, and Jay Blahnik, renowned fitness program developer and award-winning instructor.

Indo-Row<sup>®</sup> classes are perfect for people of all fitness levels and the Indo-Row<sup>®</sup> program will take your group exercise classes to new heights!



Expanding Horizons. Extending Life.

**See The Fitness Desk For Details!**