

# ROWING

SOME OF THE MANY  
*Benefits of*



Works out all the major muscle groups



An excellent aerobic workout



For the young and old



Builds mental discipline and boost endorphins



Low impact on the joints



Builds Teamwork

MOST CLUBS OFFER THESE

## *Rowing Programs*

Learn to Row  
Recreational Row  
Community Row  
Competitive

FIND A LOCAL

## *Rowing Club*

- Use [bhfinder.com](http://bhfinder.com)
- If you have never rowed, ask about a Learn to Row class

Sponsored by

