



MAY

2017

\$14/member
\$18/non-member

SEE FRONT DESK
FOR PACKAGES.

SIGN UP AT
THE FRONT DESK

INDOROW
& **SHOCKWAVE**

NOTES:

Don't forget to sign up for
CORECrew, our new 4-week
rowing program!

Check out the schedule below
and call 497-1161 or stop at
the front desk to sign up today!

Mondays @ 6:45pm with Jane
Tuesdays @ 5:30pm with Kari
Wednesdays @ 9:50am with Dan
Saturdays @ 7:15am with Lisa

SUN	MON	TUES	WED	THURS	FRI	SAT	
	1 INDOROW 10:00am with Dan	2	3	4	5 INDOROW 10:15am with Alissa	6 SHOCKWAVE 10:15am with Alex T.	
	CORECREW 4-WEEK SESSION BEGINS	9	10 INDOROW 5:45pm with Kari	11 INDOROW 10:30am with Jamie	12	13 INDOROW 10:15am with Peggy	
7 SHOCKWAVE 11:45am with Amanda	8 INDOROW 10:00am with Dan	16 INDOROW 10:00am with Dan	17 INDOROW 10:00am with Kari	18 INDOROW 5:30pm with Jessie	19 SHOCKWAVE 12:00pm with Hailey	20	
14	15 INDOROW 10:00am with Dan	22 INDOROW 10:00am with Dan	23 INDOROW 10:00am with Kari	24 INDOROW 10:00am with Kari	25 INDOROW 10:30am with Jamie	26 INDOROW 10:30am with Jamie	27
21	28	29 MEMORIAL DAY  CLUB IS CLOSED	30 INDOROW 11:00am with Kari	31			

FLIP THIS PAGE FOR OUR
ADDITIONAL CLASSES CALENDAR

