

ROWING TECHNIQUE

LOOKING FOR SOME HINTS & HELP ON THE ROWER?



Join TSH & Aaron Thurston, of Concept 2, on learning the correct technique and form on the row machine! Aaron was a collegiate rower and still competes in indoor rowing competitions throughout the northeast. He will focus on training for fitness/cross-training/CrossFit and prehab/rehab!

Sat, March 24 • 10:00am

FREE to members • Sign-up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

