

2020 Indoor Workout Program at the Rockrimmon Boathouse

NEW ATHLETES WELCOME

**Starts Nov
18th -
Space
is Limited!**

New to the Rowing Machine? Looking for a winter workout with great coaching? Need cross-training? Try our program for one week with no commitment!

The Boathouse - A Unique Space

The historic (1901) Rockrimmon Boathouse is on the shore of the Connecticut River at 121 West Street in Springfield with free onsite parking, locker rooms with showers, 30 rowing machines, 4 paddle ergs, exercise equipment, river views, and more.

The Staff - Fun and Professional

- ★ Head Coach Renee Jones
- ★ Strength and Conditioning Coaches Ben Gatlin and Marisa Chamberland

The Plan - Realize Your Abilities

The Indoor Rowing Machine: whether you are learning, improving, or preparing for competition, the Concept2 Indoor Rowing Machine will be integral to your workout, along with:

- ★ Paddle erg workouts
- ★ Indoor rowing tanks*
- ★ Poolside Dragonboat workouts Dec 5, 19, Jan 2, 16, 30, Feb 13, 27 INCLUDED**
- ★ 12:30pm workouts Tue/Thu
- ★ Weight lifting
- ★ Speed and agility
- ★ Yoga and balance exercises
- ★ Other aerobic training



**Pioneer Valley
Riverfront Club**

Coached Practice - Flexible Schedule

Adults attend any workouts shown:	8th-12th Grade (new athletes and those who need a flexible schedule)	High School Varsity
\$275	\$300	\$500
Tue, Thu 12:30p-1:30p	Mon-Thu 3:30p-5p Practice any 3 days per week	Mon-Fri 3:30p-5p Practice 5 days per week
Mon-Thu 6p-7p, Sat 8a-10a		
13-week program runs 12/2/19 - 3/14/20. See website for details and days off.		

BONUS - Free Open Workouts

Nov 18-27 from 3:30p-7p if you register for any Winter Session by Nov 1 (or pay \$25). Stop by to meet our coaches and get more information.

Scholarships available to qualified participants.

*may require extra fee, based on enrollment.

**minimum enrollment of 15 required.

***Free registration for Breast Cancer Survivors from Rays of Hope Foundation funding



For special events, bonus workouts, photographs, videos, and more visit:

Facebook: PVRC - Pioneer Valley
Riverfront Club

Instagram: PVRiverfrontClub

www.pvriverrfront.org
for information and registration