

# Indoor Rowing Clinic

Houston Parks and Recreation Department

## Indoor Rowing Clinic



### DID YOU KNOW THAT INDOOR ROWING:

- CHALLENGES YOUR CARDIO-CONDITIONING?
- IMPROVES FLEXIBILITY AND STRENGTH?
- IS NOT AFFECTED BY VISION LOSS
- DOES NOT REQUIRE HAND & EYE COORDINATION

### Are You Seeking a New Way to Train and Compete?

- Indoor Rowing offers competitions locally, nationally and internationally
- This sport attracts people of all ages, genders and abilities
- People with endurance sports & competitive athletic backgrounds love to work on race pace strategy, intensity and endurance for optimal results

### Transform Rehabilitation into Competitive Training

Parati Competitive Rowing & representatives from America Rows will provide guidance on training and competition using Concept2 Indoor Rowing Equipment.

<b>Location:</b>	Metropolitan Multi-Service Center 1475 West Gray
<b>Ages:</b>	16+
<b>Registration:</b>	Open
<b>Fee:</b>	<b>FREE</b>
<b>Program Dates:</b>	Saturday, February 22nd, 2014.
<b>Times:</b>	3:00 p.m. – 5:00 p.m.
<b>Information:</b>	Chuck French, (832) 395-7325 charles.french@houstontx.gov

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