

RowFit Hull

Indoor Rowing fitness session

GO ROW

GET FIT

ONE CREW

ROW FIT

Bored of the usual gym session training on your own?

Circuits not quite giving you the workout you need?

Want to try a fitness session that's a bit different?

Hull Kingston Rowing Club now run a new style of fitness session incorporating indoor rowing into the session, giving you the complete all body training session you want.



Led by experienced qualified rowing coaches, the sessions are designed to ensure everyone progresses – from absolute beginners to fitness fanatics, in our sessions you're not just a person you're part of the crew!

Only £2 per session

Turn up, go row, get fit, be part of the crew!

Where and when?

Every Thursday from 6pm to 7pm

Woodford Leisure Centre, Holderness Road, Hull, HU8 8JU

Starts Thursday 12th November

For more information contact Hull Kingston Rowing Club on:

T: 01482 616 349 e: hullrowingclub@googlemail.com



Working in partnership



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