



# MANNING INDOOR ROWING

## GROUP CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	ROWGA	FIVE 52		RACE PACER	FIVE 52
9:00am	FIVE 52		RACE PACER		
4:00pm		FIVE 52	ENDUROW	RACE PACER	
5:30pm		RACE PACER		FIVE 52	
6:45pm		ROWGA		ROWGA	

### FIVE 52

A comprehensive full body workout! Two 10min pieces, a 12min piece and two more 10min pieces with a 2min rest break in between each piece. Each piece has its own challenges. This is a great workout for those needing to improve their power per stroke and control of rate.

### RACE PACER

An ideal workout for those looking to improve their 2000m pace and overall race fitness.  
10min warm up at Rate 18 followed by 8 x 500m pieces starting every 5min after the warm up. The faster you go the more rest you get.

### ENDUROW

A true test of full body fitness. A 5km endurance row done at your own pace. Every Wednesday between 4 and 6:30pm. Try to beat your time each week!

### ROWGA (Rowing Yoga)

Warm up on the C2 Rower then be guided through 8 static stretches designed to improve your flexibility and lengthen your stroke.