



fitness



ROWING

New Half Hour Sessions!

Whether you already row or are considering rowing to keep in shape, lose weight, cross-train for another sport, rehabilitate from injury or surgery, rowing is the complete exercise for you.

Starting Tuesday, December 13th

Sign up for the classes that fit your schedule.

Tuesdays 9:30-10:00 am

Thursdays 9:30-10:00 am

Fridays 6:00-6:30 pm

Saturdays 11:00-11:30am

- Low-impact
(easy on the knees & ankles)
- High calorie burner
- Upper & lower body workout
- Works back and abdominals
- Superb aerobic fitness
- Relieves stress!



My name is Linda Thompson, CPT. I am a proud member of the Los Gatos Rowing Club. I have competed as a Master Rower and acquired 2 gold, 2 silver, and one bronze medal over the past year. I am excited to share with you the experience of rowing and the many benefits this sport has to offer.



Levy Family Campus
14855 Oka Road Suite 201
Los Gatos, CA 95032

Registration Information

Please contact Linda Thompson at lindat@svjcc.org
Space is limited. Please reserve your rowing machine today.

Limited to three people per class.

Members: \$176 for 8 sessions

Non-member: \$256 for 8 sessions