

Calling ALL High School Students!!

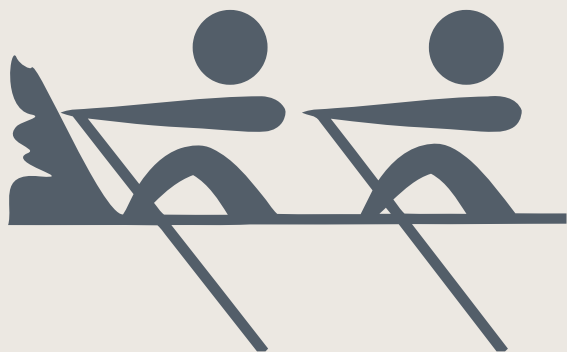
- Looking for a winter activity?
- Interested in getting in awesome shape?
- Learn a fun unique sport?



Join Mendota Rowing Club's Winter training Program!

No experience necessary

Starts December 4th



Rowing is excellent cross-training for athletes of any sport!

Meet other athletes!

- Mendota Rowing club is a diverse club where you can make new friends, have **FUN** and get stronger!
- Participate in indoor rowing races!

\$160.00/mo. Membership Includes:

MONDAYS 6:30-7:15PM Agility w/boxing at Canvas Club
7600 University Ave, Middleton

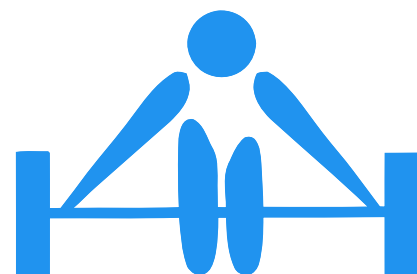
WEDNESDAYS 5:00-6:45PM & SATURDAYS 8:00-9:45AM

Indoor Rowing at Mendota's Boathouse 622 E. Gorham St.
Madison



Contact:
youthrowing@mendotarowingclub.com

*financial assistance available



FORTIFY
FITNESS COLLECTIVE

Weight training & Anaerobic fitness
with Fortify, Waunakee:

Tuesday & Thursdays 6:00-7:00 PM

Mendota Members = \$140.00/mo.



Non Members = \$170.00/mo.



MENDOTA ROWING CLUB
lake mendota · madison, wisconsin