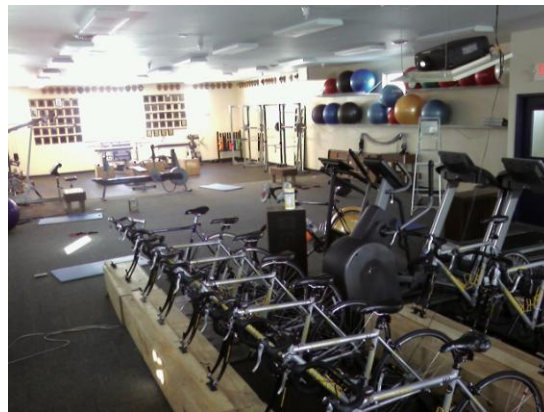




Saratoga Rowing Mid-Day Fitness

Saratoga Rowing Assoc. is excited to offer a fitness program for adults in the form of a small group class surrounding the lunch hour.

The mid-day fitness program combines aspects of cardiovascular fitness, circuit training, core work, along with suggestions for healthy living. Each aspect of the program is scalable to meet the needs of individual members.



Program Instructors

Saratoga Rowing Association coaches provide instruction for this spring fitness program.

Matt Pearce:



Formerly a coach at St. Benedict's College RSA, Western Province U23 Jrs RSA, Pymble Ladies College, AUS
Matt is now a coach of the SRA Girls Program

Talara Wait:



A certified personal trainer and formerly a coach at Skidmore College, and Kansas State University, Talara is currently a coach of the SRA Girls Program

Standard Costs:

Yearly membership of \$60.00 plus
\$37.50 Monthly

Neighbor Rates*:

Yearly membership of \$60.00 plus
\$25.00 Monthly

Trial Period:

New members may do 2 trial sessions for \$10 each before paying the membership fee.

*Neighbor rates apply to residents of:
Regatta View, Water's Edge, Woodlands,
Interlaken communities, and members of the SLA

Classes are held at the SRA boathouse
Beginning March 2nd, 2009
Mon. through Thur. 12:00-1:00

Contact information:

Mpea3512@gmail.com
(518) 587-6697, www.saratogarowing.com

Mailing Address:

P.O. Box 750, Saratoga Springs, NY 12866

Boathouse Address:

543 Union Ave, Saratoga Springs, NY 12866