

Register Today For
Concept 2
Indoor Rowing Challenge

Dates: Jan. 21st-Feb. 21st, 2018

Discover Your Inner Rower With This Winter Challenge.

Goals: Beginner: 25,000 meters/Intermediate: 32,000 meters/Advanced: 50,000 meters

- **All Levels Welcome**
- **Register at the Sports and Wellness Desk**
- **Learn to Row: Join Art Clayman**

Jan. 16th, 2018 5:15 - 5:45 p.m.

Jan. 18th, 2018 8:15 - 8:45 a.m.

Questions?

Contact Terry Santoro (518) 377-8803



Robert and Dorothy Ludwig

Schenectady JCC

GOLUB FAMILY CAMPUS

For you, your family and your community