



Group Exercise For the 21st Century

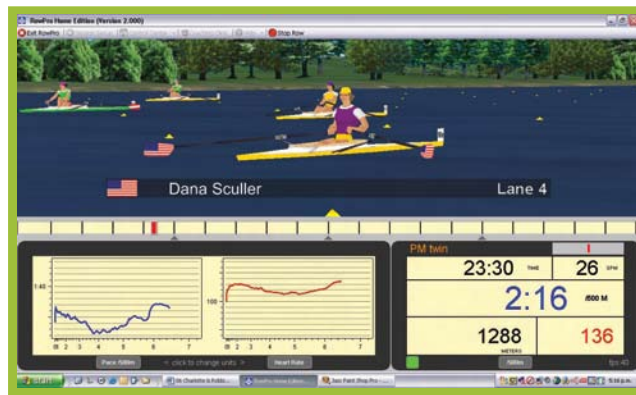
Imagine a group fitness class so exciting, motivating and fun that your gym members may actually forget they're exercising! Rowbics and RowPro are proud to introduce an extraordinary first for group fitness.

"Our modern approach to health is centered on the competitive spirit, applying technology that's never been utilized in the gym until now," says Laura Zook, Rowbics VP of Sales and Marketing. With Rowbics programming you can enjoy virtual sporting software, allowing your members to row and compete like the pros!

This breakthrough technology was developed for one purpose - to help motivate students seeking excellent fitness results through rowing. The software is designed with customized 3D on-water graphics for large groups to learn proper rowing tech-

nique and compete in their own race during every class. Members will see themselves onscreen rowing on water. Your gym will have capability to assemble its own Rowbics Regatta for social events, with participants in multiple boats (2, 4 or 8 person). Gyms can also customize classes for groups with specific needs like weight management and cross-training. In addition your gym will be equipped to host training sessions while Rowbics instructors guide students through a virtual rowing education. This exhilarating program also gives you access to training clinics designed by Olympic coaches from around the world.

To inspire and modernize your group exercise program and add the thrill of virtual rowing, please contact a Rowbics representative today at (888) ROWBICS.



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