



## INDOOR ROWING CLASSES



Get One  
**FREE CLASS**  
With This  
Flyer

Come to our ROWBICS™ classes  
at Fitness One, Brea!

Get a great workout & meet new friends!

### **ROWBICS™ QuadCore™ Conditioning**

A Total Body Workout ~ Burns Tons of Calories  
Builds Core Strength ~ It's Fun and Energizing  
A Blast to do and Easy to Learn..



#### **Fitness One**

706 E. Imperial Hwy., Brea 92821

Phone: (714) 257-9958

email: info@rowbics.com

#### Class Schedule

MON	TUE	WED	THU	FRI	SAT
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	8:30 AM

[www.ROWBICS.com](http://www.ROWBICS.com)