



7-Day Trial

Limit one pass per person per year.

Must be used on 7 consecutive days.

For all Bloom Y Facility and Classes + Xtreme Row!
Identification and membership registration are required.

[Date Started: _____]

Name: _____

Email: _____

Phone: _____

Address: _____

Birthdate: _____

Emergency Contact: _____

What is YMCA XtremeRow? YMCA XtremeRow is a high intensity training program centered on the Concept2® Rowing Machine. Training sessions last between 30 – 45 minutes and will include intervals of rowing combined with strength circuits using bodyweight, dumbbells, kettlebells, and more!

YMCA XTREMEROW

1119 OLD BERWICK ROAD, BLOOMSBURG, PA 17815

PHONE: 570.784.0188 FAX: 570.784.4303

[HTTPS://WWW.FACEBOOK.COM/XRBLOOMSBURG/](https://www.facebook.com/xrbloomsburg/)