



YMCA XtremeRow 7-DAY TRIAL

Limit one pass per person per year.

Must be used on 7 consecutive days.

For all Bloomsburg Area YMCA Facilities,
Classes, AND XtremeRow!

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

www.bloomsburgymca.org/xtremerow

www.facebook.com/YMCAXtremeRow