

LWRC 2016-17 Masters Winter Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Erg Workout <i>All Levels</i> 6:00-7:00 AM Evan Jacobs & Tyler Peterson FREE	Weight Training <i>All Levels</i> 6:00-7:00 AM Amy Hildebrandt (Max 6 People) Private Sculling Lessons Sign up a week in advance. Theresa Batty Contact Theresa directly	Erg Workout <i>All Levels</i> 6:00-7:00 AM Evan Jacobs & Tyler Peterson FREE	Weight Training <i>All Levels</i> 6:00-7:00 AM Amy Hildebrandt (Max 6 People) Private Sculling Lessons Sign up a week in advance. Theresa Batty Contact Theresa directly		Winter Rowing (Part of M/W Evening Class) <i>All Levels</i> 8:30-10:30 AM Coaches Amy Hildebrandt & Brooke McCulloch
	Circuit & Erg Conditioning <i>All Levels</i> 6:00-8:00 PM Coaches Amy Hildebrandt & Brooke McCulloch	Evening League <i>Intermediate to Advanced</i> 6:30-8:15 PM Coach Theresa Batty Group Training <i>All Levels</i> 6:30-7:30 PM Amy Hildebrandt	Circuit & Erg Conditioning <i>All Levels</i> 6:00-8:00 PM Coaches Amy Hildebrandt & Brooke McCulloch	Evening League <i>Intermediate to Advanced</i> 6:30-8:15 PM Coach Theresa Batty Group Training <i>All Levels</i> 6:30-7:30 PM Amy Hildebrandt		

Classes run Dec 1 – Feb 28 unless otherwise specified. No classes Dec. 22 – Jan 6

All Levels: Novices, Intermediate, & Advanced are welcome to attend these classes.

Intermediate to Advanced: Novices must get approval from the coach to row in these classes

Erg Workout: Member run high intensity workout. Limited to no coaching. **FREE.** First come, first serve basis.

Weight and Group Training: Limited class size. Includes instruction of proper technique.

Evening League: Mix of sweep and sculling depending on class size

Circuit & Erg Conditioning/Winter Rowing: Mix of erging and body circuits. Rowing will consist of sweep and scull depending on class size.