

FREE CLASS

Your chances of becoming an Olympian are probably slim, but hey, you can still train like one!

Powerhouse Fitness offers indoor rowing classes, taught by US National Team rowers on the Concept2 rowing machine at two Long Beach locations—the Boathouse or the Warehouse.

Rowing can burn up to 800 calories an hour!

Bring this in & your first class is FREE!

name

email

Powerhouse Fitness

5750 Boathouse Lane
or 1347 Loma Street

562.688.1716



www.powerhousefit.com