



JOIN HURON CREW FOR

WINTER CONDITIONING

STARTING DECEMBER 1

BUILD STRENGTH AND ENDURANCE IN A FUN, SUPPORTIVE ENVIRONMENT!

- No experience needed!
- Monday Friday, but come when you can
- No commitment!
- Workouts at Huron's gym
- Cardio + weights

TRY THE FIRST WEEK FOR FREE

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www.huronrowing.com