



## **Crew Classes**

(Information for Fitness Professionals)

MAKE A DIFFERENCE TO YOUR GYM WITH INDOOR ROWING CREW CLASSES

If you want to add something new, exciting and unique to your gym, why not try crew classes?

Crew classes are a method of indoor rowing training that provide structured training, a variety of programmes, session plans and a team environment. They combine high intensity exercise with fun providing a motivating setting for everybody to reach their fitness goals through the sport of rowing.

You can train to become a crew class instructor through the 1st4sport Level 2 in Coaching Indoor Rowing. You will gain a professional qualification and be fully certified to take indoor rowing crew classes.