

**INTRODUCTION
TO ROWING**
TWO SESSION PACKAGE
Half Off with Brochure Coupon



To Schedule Your Personal Appointment Call
(509) 415 3769

ROWFit Spokane is a
“LifeSkills Wellness Agency”

It is based upon the principal of a whole person approach for your Health and Fitness Coaching.

We believe that people do not care how much you know until they know how much you care.

- **Certified, Licensed and Insured**
 - Certified Personal Training
 - Corrective Exercise Science
 - 3D Bio-Metric Body Scanning
 - Wellness/Sports Counseling
 - Functional Range Assessment
 - Nutrition Counseling
 - Master Row Coaching Instructor

<https://rowfit.club>

Rowbics™



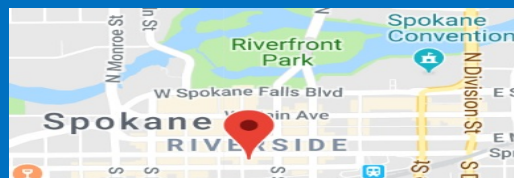
**A TOP RATED
“SAFE SPACE” FACILITY**



**CONVENIENT LOCATION
EASY ACCESS & PARKING**



**FULLY EQUIPPED
INDIVIDUAL & GROUP CLASSES**



ROWFIT SPOKANE

7 S. Howard Street
Suite 200
Spokane, WA 99201
(509) 415 3ROW

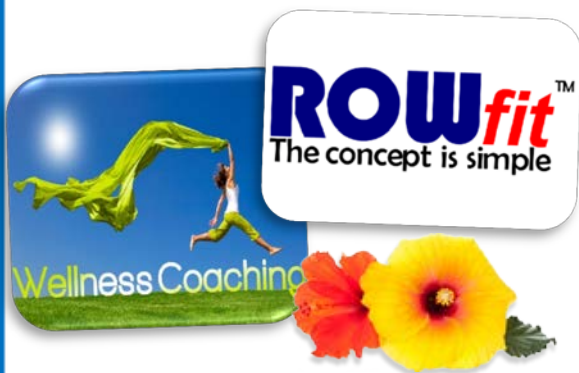
ROWfit™
The concept is simple

**PERSONAL
FITNESS
COACHING**



**A GUIDE TO
YOUR BETTER
HEALTH**

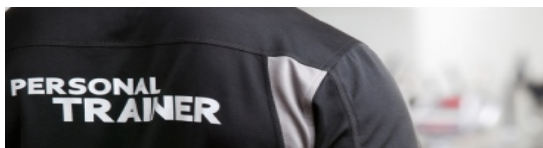




A balanced approach is the best way to create results that will last for you.

Get Optimum Results

Rowing provides full-body, non-weight bearing, calorie screaming workouts with ease. It is fun and adaptable to participants of all fitness levels and abilities. You will love it! Our specialized fitness coaching and nutrition programs work hand in hand to give you the best results possible.



- 3D Body Scan for Posture Analysis
- Diet and Nutrition Planning
- Flexibility, Balance, Strength Training
- Weight Management
- Personalized Patient Programs

**Schedule Your Appointment Today
(509) 415 3769**

ROWFit Spokane Affiliates
Use Code "ROWFIT" for a 10% Discount When Registering

Fitness Coaching Programs

Prepare for your healthy future with **ROWFit Spokane**

We provide a unique, whole person approach to your health and wellness. Our highly trained and experienced staff are passionately committed to your transformation.

WEIGHT LOSS

**Nutrition Counseling & Behavior Programs
8 WEEK PROGRAMS**

Customized Rowing Programs combined with our personalized classes will make that difference for your success. "Row Time is Go Time!"

One on One Counseling for Nutrition & Wellness Coaching



Discover Your Freedom Again



Group Fitness & Corporate Classes

STRENGTH TRAINING

**The Absolute Key To Your Good Health
12 WEEK PROGRAMS**

Individualized Coaching and daily "Row 4 Life" introduces you to strength training & friends!

Introduction to Proper Form & Technique, Mobility for Injury Prevention, Optimizing Your Performance 101



Personalized Rowing Workout Programs



Egoscue Method Training

Every ROWFit Team Member Is a Licensed, Nationally Certified & Insured Fitness Coach



So What Does It All Mean?

CPT, APFT, CSCS, CES, USAW, ACE, CNC, BA, BS, M.Sc, MBA, CIPI, CIPM, NASM, FRA, FRC

These are not just letters to put behind our Names On A Business Card!
ROWFit's lifetime commitment to "Excellence"!



TRX Training



Weight Vests For Workout Synergy