

# PORT JEFFERSON ROWING PROGRAM

with PJRC at The Village Center



**Ages 18+**

**Class size: 12 max/ 6 min**



The Port Jefferson Village Center is offering Indoor Rowing Machine classes on the Concept 2 Rowing Machine starting in November through February.

Each **PJROW** class will feature basic instruction and an aerobic workout all in a fun, challenging and supportive atmosphere.

**PJROW** is a great way to achieve a full body workout.

**Instructors:**  
**JAMES FINKE**  
**& STAFF**

Questions email  
[PortJeffRowing@gmail.com](mailto:PortJeffRowing@gmail.com)

## MONDAY CLASSES

7 - 8pm

Feb. 24, March 2, 9, 16, 23, 30

April 13, 20, 27, May 4, 11, 18

## WEDNESDAY CLASSES

7 - 8pm

Feb. 26, March 4, 11, 18, 25, April 1

April 15, 22, 29, May 6, 13, 20

**Session Fee: \$120 Resident, \$130 Non-Resident**

**Location: The Village Center**

**Register online at [www.PortJeff.com](http://www.PortJeff.com)**

**(631) 802-2160**