



SPRING 2026 Schedule

DRC Rowing begins Saturday the 7th of March

Latest revision(s) as of mm/dd/yy are indicated with underlined ****italicized**** text with an asterisk.

Key: Dryland Circuits @ MyBody Complex (Gold) / Rowing @ Dammrich (Blue)

A M	MON	TUE	WED	THU	FRI	SAT	SUN
		6a MyBody Dryland Circuits 60 Minutes		6a MyBody Dryland Circuits 60 Minutes		11:30a Youth/HS MyBody Dryland	11:30a LearnToRow
		8a MyBody Dryland Circuits 60 Minutes				Noon LearnToRow	11a Youth/HS DRC Rowing & LearnToRow
P M	MON	TUE	WED	THU	FRI	↕ PLUS ↕ 8th graders and older	SUN
	4p Youth/HS MyBody Dryland	4:30p Youth/HS DRC Rowing		4:30p Youth/HS DRC Rowing		1p Youth/HS DRC Rowing LearnToRow	1p CLUB DRC Rowing LearnToRow
	6p Mens Master's LTRow DRC Rowing	6p Mens Master's LTRow DRC Rowing	6p Mens Master's LTRow DRC Rowing	6p Mens Master's LTRow DRC Rowing		3p Mens Master's LTRow DRC Rowing	

- DRC Rowing or ERGing 6 Min / 22 Max
- MyBody sessions are either 60 or 90 minutes
- ↕ PLUS ↕ **(Deep Practice)** Sessions (Dryland + Rowing) maximize physiological gains. Note: 7th graders or younger participants are **ONLY** allowed to participate with the Director's OK!

PLEASE direct any Questions to Brian Easter, ARC Director, allrowc@gmail.com or
via TEXT or phone: 847.347.3278