



South Niagara Canoe Club

Welcome!

Indoor Training Handout

Please arrive 15 minutes prior to the start of your session. If you are going to be late, that's ok, please go directly to the gym, we will be there!

What to Bring:

Clean Indoor Running Shoes

Refillable Water Bottle

Hoodie or Layers in case the gym is chilly

Enthusiasm!!!

What to wear:

Comfortable clothes you would work out in