



**Concept 2 Instructor Training  
Indoor Rowing Instructor Course**

**and**

**Crew Class Instructor Course**

**at**

**The Academy**

**Oakdale Place**

**Harrogate HG1 2LA**

**on**

**Saturday 29 October 2011**

**and**

**Sunday 30 October 2011**

**Courses lead by Concept 2 Master Instructors  
David Hislop and Mark Pinches**

**Course fees include all teaching materials, DVD and C2 Drinks Bottle**

**Only £125 per individual per course**

**OR**

**Special price of £200 for both courses**

**Contact David Hislop on 07790 167960 or  
[davidshis@aol.com](mailto:davidshis@aol.com) for further information and bookings**

**David Hislop & Total Motivation Ltd**

**~Personal Training~**