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Revolution Indoor Cycling in Movieworks Plaza is no longer just biking. It has 45-minute Indo-Row classes every day of the week.

Indoor rowing class a full-body workout

Excursion: Indo-Row at Revolution Cycling
Distance: Several thousand meters
Time needed: 45 minutes
Convenience: Easy: Park, walk inside, sit down and start pulling
How much: \$16 per class; punch cards and monthly passes available

think I've ever liked a fitness class as much as Indo-Row.

"I've known about Indo-Row for years but had never worked in a place that would even consider investing in it," said Revolution owner and certified personal trainer Julie Guttormson. (Indoor rowers aren't cheap. Revolution has 16 of them.) "Now that I've got my own place, I'm so excited to bring indoor rowing to the valley."

"Indo-Row is a functional workout that any fitness level, body type and age can do," Guttormson said.

The 12 people in my class included a 60-something veteran of three shoulder surgeries, a 39-year-old former collegiate rower looking to get back into shape and everything in between.

"If you can sit down and pull and push, you can row," says Mike May, a spokesman for the Sporting Goods and Manufacturers Association.

After a warm-up, the Revolution instructor talks about technique.

"The worst rap indoor rowing gets is that it's all upper body and hurts your back," Guttormson said. "When you learn how to do it properly, it's 60 percent legs. The rest is your core and arms."

It's fully a full-body workout. Indo-Row's website says indoor rowing uses "84 percent of your muscle mass" and "recruits nine major muscle groups." I'm usually skeptical of such claims, especially from a machine's manufacturer, but I found backup.

"I don't know of many muscles that you don't use while indoor rowing. It certainly uses more than any other machine at the gym," said Dr. Fritz Hagerman, a professor of biomedical science at Ohio University. "At standard levels of exercise, rowing will burn calories at a rate 10 to 12 percent higher than running and 15 to 20 percent higher than cycling."

A 145-pound woman will burn between 400 and 600 calories during an hour of indoor rowing, depending on intensity.

Revolution has at least one Indo-Row class a day. It also has a Shock-wave ski fitness class that uses the rowers. Guttormson says the Indo-Row classes have been "insanely popular."

Revolution Indoor Cycling is in Movieworks Plaza. You need to sign up (RevolutionIndoorCycling.com or 413-0441) to reserve your erg. Single classes cost \$16. A five-class punch card is \$70. A monthly unlimited pass costs \$149.

When she isn't editing Jackson Hole Magazine stories or traveling the world to write for various publications, Dina Mishev enjoys all the recreation opportunities the valley has to offer.

I have done many sports. Some, like skiing at Jackson Hole Mountain Resort, are fun. Others are the express train to the Pain Cave.

In high school in suburban Washington, D.C., I ran the 800 meters, which took me to a particularly deep pain cave. It was a rare 800-meter race that I didn't cross the finish line and immediately begin throwing up. Running 800 meters was never fun.

A decade ago, I discovered indoor rowing, or erging.

My first time on an indoor rower was at the British Indoor Rowing Championships. I was there covering the races for a magazine. Seeing that I was "sporty" — his word — and had recently downed three tumblers of whiskey, a public relations person for the event asked if I'd be interested in doing the race myself.

"Will anyone be able to see that I come in last?"

"No. There will be 200 people out there with you, each on their own machine. No one will even notice you."

"Well then, I kind of feel like I need to try it so I can better understand what I'm writing about. I'm in."

Knowing absolutely nothing about indoor rowing, I was foolishly smiling as I mounted my erg the next morning. The race distance was 2,000 meters. Seven minutes sounded like a nice round number to me, and I decided that would be my pace.

Just under seven minutes later, I had finished but really thought I might die. Yes, I can be prone to exaggeration, but I am not exaggerating in this instance. Lying on the floor of the Birmingham Arena with only the most peripheral of my vision not obscured by giant black spots, hyperventilating and unable to tell if my arms were still attached, I was dazed. Almost 10 years after I had run my last 800-meter race, I realized that the 800-meter Pain Cave was really only a pothole. Erging introduced me to levels of pain I had never thought possible.

Last week, though, I had an indoor rowing experience that was completely fun. Yes, it got me breathing hard and sweating, but I was smiling through it all.

It turns out there are indoor rowing group fitness classes. They're called Indo-Row. And, as of Oct. 21, Revolution Indoor Cycling is offering them. I don't



Excursion

Dina Mishev

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