UMBC CREW

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Are you fit? Are you interested in getting fit?

UMBC Crew is looking for **motivated** individuals to join our competitive team that practices 4-6 times/week

Practice Time (starting: **Sept. 3rd**):

 **7:00 PM – 9:00 PM**

Be at the **UMBC RAC** (gym) in your spandex on the track by 7:00 PM for an informational meeting and introductory practice.

\*\*No experience needed, we will teach you everything you will need to know.

*For additional information or questions contact:*

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