



Strong Body, Strong Mind

Strength and Wellness for the World!

We have a class for every level of athlete.

Rock Fit Jr. This class is for athletes 7-12. It is a strength and conditioning class geared toward improving overall fitness.

Rock Fit Sr. This class is for athletes 13 and up. It is a strength and conditioning class geared toward improving overall fitness.

Rock Fit Speed This class is for athletes of all ages. It is a speed class for those looking to improve their linear speed, multi-directional speed, and explosiveness.

Rock Fit Adult This class is for adults of all fitness levels. It is always 'go at your own pace', so it's for everyone. The class will consist of strength and conditioning to help you get into great shape.

Rock Fit Body This class for athletes 13 and up. That uses your body as your weight. Rock Fit Body will increase core strength, flexibility, and strength all while helping to injury-proof your body.

Rock Fit Power Hour This class is for athletes 13 and up. Learn the basics of power lifting to improve overall power and strength levels.

Rock Fit Combo This class is a combination of strength, conditioning, and speed. This class is approximately 90 minutes long.

All classes will be approximately 50-60 minutes (except for combo).

STACY CAMERON, DIRECTOR

- Personal Trainer and Fitness Instructor
- Parisi Certified Speed Coach
- Group Power Instructor
- USATF Running Coach

MEMBERSHIP (1 PERSON):

\$95 MONTHLY/\$80.75*

4 MONTH MEMBERSHIP:

\$300 MONTHLY/\$255*

FAMILY MEMBERSHIP:

\$125 MONTHLY/\$106.25*

4 MONTH MEMBERSHIP:

\$440 MONTHLY/\$374*

SPEED CLASS MEMBERSHIP:

\$60 MONTHLY/\$51*

\$20 DROP IN FOR ALL CLASSES

Includes:

- Access to our fitness trails
- Monthly Mental skills and Nutrition workshops

*Membership Pricing

Private Training and Team Training (at our location or yours) available upon request.

Create a Class! Ask our staff for additional info.

Monday:

3:30pm - Sr.

4:45pm - Speed

6:00pm - Jr.

Tuesday:

3:30pm - Jr.

4:45pm - Speed

6:00pm - Adult Fit

Wednesday:

11am - Adult Fit

11am - Body

3:30pm - Power Hour

4:45pm - Speed

6:00pm - Sr.

Thursday:

3:30pm - Sr.

4:45pm - Speed

6:00pm - Adult Fit

Friday:

11am - Adult Fit

11am - Body

4:30pm - Combo

Saturday:

10am - Body

10am - Power Hour

11:15am - Speed

Sunday:

10am - Adult Fit

11:15am - Jr. & Sr.

**THE ONLY INDOOR AND
OUTDOOR TRAINING FACILITY IN
THE HUDSON VALLEY!**



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Register Online or In Person