



Strong Body, Strong Mind

Strength and Wellness for the World!

We have a class for every level of athlete.

Rock Fit Combo : It is a strength and conditioning class geared toward improving overall fitness. Combines speed, power, and strength. Approximately 50-60 minutes.

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

Create a Class!

Ask our staff for additional info.

SCHEDULE AS OF 5/3:

MONDAY: 4:45PM COMBO

WEDNESDAY: 4:45PM COMBO

FRIDAY: 4:45PM COMBO

ALL CLASSES ARE FOR AGES 7+

MEMBERSHIP (1 PERSON):
\$95 MONTHLY/\$80.75*

4 MONTH MEMBERSHIP:
\$300/\$255*

FAMILY MEMBERSHIP:
\$125 MONTHLY/\$106.25*

4 MONTH FAMILY MEMBERSHIP:
\$440/\$374*

\$20 DROP IN FOR ALL CLASSES

*Membership Pricing

Purchase a Membership

Online: www.rockfitusa.com

Or by Phone: (845)469-9507

24 Old Black Meadow Rd. Chester, NY 10918