



# Strong Body, Strong Mind

*Strength and Wellness for the World!*

**We have a class for every level of athlete.**

**Rock Fit Strength** : It is a strength class geared toward improving overall strength Approximately 50-60 minutes.

**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.

**MEMBERSHIP (1 PERSON):**  
**\$75 MONTHLY/\$63.75\***

**FAMILY MEMBERSHIP:**  
**\$105 MONTHLY/\$89.25\***

**\$10 DROP IN FOR ALL CLASSES**

\*Membership Pricing

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

**Create a Class! Ask our staff for additional info.**

**Purchase a Membership**

**Online:** [www.rockfitusa.com](http://www.rockfitusa.com)

**Or by Phone:** (845)469-9507

## **SCHEDULE STARTING 7/5:**

**MON** - 11:00AM SPEED - 4:30PM STRENGTH

**TUES** - 11:00AM STRENGTH - 4:30PM SPEED

**WED** - 11:00AM SPEED - 4:30PM STRENGTH

**THURS** - 11:00AM STRENGTH - 4:30PM SPEED

**FRI** - 11:00AM SPEED - 4:30PM STRENGTH