



# Strong Body, Strong Mind

*Strength and Speed We all Need!*

**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 available upon request. Create a Class!**

**Ask our staff for additional info.**

---

## **SCHEDULE STARTING 9/17:**

**Ages 12 and up**

**MON - 5:00 PM COMBO**

**TUES - 5:00 PM COMBO**

**WED - 5:00 PM COMBO**

**THURS - 5:00 PM COMBO**

**FRI - 5:00 PM COMBO**

### **MEMBERSHIP:**

**\$95 Monthly/\$80.75\***

(1 Individual)

### **3 MONTH**

### **MEMBERSHIP:**

**\$250 Monthly/\$212.50\***

---

**\$20 DROP IN FOR ALL CLASSES**

Includes:

- Access to our fitness trails

\*Membership Pricing

### **Purchase a Membership**

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

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