



# ROCKFIT

# CLASSES

*Offered 2 days a week!*

**Monday** 7:00pm - 7:50pm

**Wednesday** 7:00pm - 7:50pm

Register  
online, call, or  
email the  
facility.

**RockFit is a fitness program  
that is reshaping how athletes  
of all ages and levels workout.**

**Whatever your sport or  
position, RockFit will take your  
game to another level!**

**\$20\***  
**per class**

\*Members  
receive 15% off

**ROCK** *FIT*  


**Your body, your life.**

Frozen Ropes Natick

14 Tech Circle, Natick MA 01760 508-653-7673

[www.frozenropes.com/natick](http://www.frozenropes.com/natick)

[natick@frozenropes.com](mailto:natick@frozenropes.com)