

40 Days of Fitness (New Year's Fitness Program): The New Year is always BIG for everyone! New goals and expectations are on everyone's annual to-do list. The Rock Active Team at the Clay Madsen Recreation Center has designed a 40 day exercise program that will give your new year a charge you'll never forget. Some of our most popular instructors have come together and designed a 40 day program that will meet all your fitness needs. From shedding those pounds, improving flexibility, to improving your overall strength and endurance. This program isn't any ordinary group exercise class, the program is designed by our trainers for you to come and workout with them. All levels are welcome, don't be discouraged by your current fitness levels, the instructor will provide you with opportunities to break through and be successful!

Backyard Boot Camp (Seasonal): Backyard Boot Camp Training is an intense Circuit style class that takes into account the members need to shred and tone rapidly. If you want to get Stronger, Faster and Leaner, incorporating this workout with a great eating plan will give you the result you are ultimately looking for! We encourage great camaraderie so come prepared to meet new friends, sweat together, and watch those individual and collective results roll in fast!

Boot Camp Training

Jump start your day with this fantastic full body workout. Boot Camp ranges from weights, cardio conditioning, plyometrics, and much more. This is a four week fitness program that will focus on losing body fat, gaining strength and flexibility, and cardiovascular exercise. You can register and commit for the entire month or drop in at your convenience for \$5/class. Ages 16 years and older.

Group Exercise Classes

Clay Madsen Recreation Center values health and exercise and provides a variety of group exercise classes to our members for free. Non-members must pay the visitor pass rate at \$5 for member services. Class participation is limited based on space and equipment. Ages 16 years and older. Younger participants must be accompanied by a parent or guardian. ***Specialty Classes*** are offered as a part of the group exercise schedule for a low drop-in fee on \$5/class (this does not include member services). **(Available at Clay Madsen Recreation Center & Allen Baca Center)**

Personal Training: Let one of our personal trainers' help you get the results you have always wanted! Our trainers have a results driven philosophy that will push you to a level of fitness you never thought possible. Our trainers bring a wealth of knowledge, passion, and motivation that make every session interesting. **(Available at Clay Madsen Recreation Center & Allen Baca Center)**

Small Group Personal Training: If the large group classes and one-on-one training are not your thing, then try Small Group Training! SGPT is designed to provide participants with a non-intimidating environment that has the structure of group exercise but the individual experience of Personal Training. Choose from a number of different package opportunities and engage in an outstanding small group fitness experience. **(Available at Clay Madsen Recreation Center & Allen Baca Center)**

StrongX50 (Summer Fitness Program): STRONGX50 is a program that is designed to improve and increase your overall strength. Our Rock Active trainers will provide you with the modifications to succeed regardless of your gender, age, fitness level, or anything that may be holding you back! The strength focus will take place Monday, Tuesday, Thursday, & Friday. Wednesdays will be designated to stretching and recovering from your previous workouts. You will not only learn how to strengthen your body but you will learn how to take care of it in ways you've never thought of before. Most importantly you will gain the self-confidence and lose the intimidation factor to show that you CAN be stronger than you are right now, both physically and mentally! Get started and be STRONGX50!

Youth Weight Room Certification: This class certifies CMRC Youth Members ages 14 and 15 year olds who wish to work out in the Rec Center weight room without a parent or guardian. Participants learn weight room rules, proper weight room etiquette and basic training techniques. Please see the CMRC Front Desk to set up an appointment. Fee: \$10