

CMRC 40 DAYS OF FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
1/8 CARDIO CIRCUIT	1/9 YOGA	1/10 STRENGTH	1/11 FRONT TO BACK	1/12 ENDURANCE
1/15 COMBO TRAINER	1/16 YOGA	1/17 POWER UPPER	1/18 BACK TO 6 PACK	1/19 VERTICAL
1/22 CARDIO CIRCUIT	1/23 YOGA	1/24 ATHLETIC LEGS	1/25 COMBO TRAINER	1/26 POWER DOWN
1/29 PLYO	1/30 YOGA	1/31 ATHLETIC UPPER	2/1 FRONT TO BACK	2/2 GAMEDAY CIRCUIT

2018 is GOING TO BE HUGE! New goals and expectations are on everyone's annual to-do list. Join us for one of our most popular fitness programs! The Rock Active Fitness Team has designed a 40 day exercise program that will give your new year a charge you'll never forget. From shedding those pounds, improving flexibility, to improving your overall strength and endurance. 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! Join us starting January 8th – March 2nd. Each class is a \$5 drop-in, or register for the entire program online at www.roundrockrecreation.com for a discounted rate of \$160. Or ask the front desk about our new Specialty Fitness Punch Pass (10 punches). Need a break, we've got you covered every Tuesday join us for Yoga, trust me... you'll need it!

Monday	Tuesday	Wednesday	Thursday	Friday
2/5 POWER DOWN	2/6 YOGA	2/7 STRENGTH	2/8 BACK TO 6 PACK	2/9 ENDURANCE
2/12 COMBO TRAINER	2/13 YOGA	2/14 ATHLETIC LEGS	2/15 FRONT TO BACK	2/16 PLYO
2/19 VERTICAL	2/20 YOGA	2/21 STRENGTH	2/22 CARDIO CIRCUIT	2/23 POWER DOWN
2/26 ENDURANCE	2/27 YOGA	2/28 POWER UPPER	3/1 COMBO TRAINER	3/2 GAMEDAY CIRCUIT

Monday—Friday

January 8th—March 2nd

Class Time: 12:15pm (40-50 minutes)

\$5 /class or \$160 for entire 40 days



DAYS OF FITNESS