

CMRC 40 DAYS OF FITNESS STRENGTH

Monday	Tuesday	Wednesday	Thursday	Friday
3/19 PUSH & PULL	3/20 YOGA	3/21 CARDIO CIRCUIT	3/22 TOTAL BODY	3/23 BARBELL CIRCUIT
3/26 PUSH & PULL	3/27 YOGA	3/28 STRENGTH	3/29 CARDIO CORE	3/30 BACK & LEGS
4/2 PUSH & PULL	4/3 YOGA	4/4 COMBO TRAINER	4/5 TOTAL BODY	4/6 BARBELL CIRCUIT
4/9 ATHLETIC UPPER	4/10 YOGA	4/11 CARDIO CIRCUIT	4/12 CARDIO CORE	4/13 BACK & LEGS

The Rock Active team is bringing you a new variety of exercise routines that will leave you feeling stronger and tighter than ever before. If you have attended 40 Days of Fitness New Year New You, this will be the Strength Version of that class. This class will focus on corrective exercises, and muscle toning & growth. In addition to lifting weights, there will be cardio resistance training to maintain your endurance! If you are looking to take your fitness and body to the next level do not leave yourself out, commit to it and change your life! 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!

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Monday	Tuesday	Wednesday	Thursday	Friday
4/16 ATHLETIC UPPER	4/17 YOGA	4/18 STRENGTH	4/19 TOTAL BODY	4/20 BARBELL CIRCUIT
4/23 ATHLETIC UPPER	4/24 YOGA	4/25 COMBO TRAINER	4/26 CARDIO CORE	4/27 BACK & LEGS
4/30 PUSH & PULL	5/1 YOGA	5/2 POWER DOWN	5/3 TOTAL BODY	5/4 BARBELL CIRCUIT
5/7 PUSH & PULL	5/8 YOGA	5/9 POWER UP	5/10 CARDIO CORE	5/11 BACK & LEGS

Monday—Friday

March 19th —May 11th

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

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

STRENGTH

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