

Fall into Fitness with Ashley and ROCKfit

(Classes held outside at Clear Point Wellness, enter through the gate to the right of the building)

Part 1- STRENGTH (Increase strength with weight and bodyweight training circuit-style)	Part 2-SPEED (Develop faster reaction time with speed and agility drills)
Part 3-BALANCE (Work to improve coordination and overall performance with core and stability drills)	Part 4-PRESENCE (Increase flexibility and unite breath and movement, finish calm and complete)

Be stronger than your excuses, build confidence and get in shape before the holidays! All levels are encouraged to attend.

Cost: \$10/class (Cash only). Pay as you go!

Bring: water, yoga mat/large towel, and a can-do attitude. *Limited mats available for use

When: Saturdays beginning October 11-December 13 (**No class 11/8**)

Time: 11:00 AM-12:00 PM

Where? Clear Point Wellness, 2001 S 1st St, Austin, TX 78704

About the Instructor: Ashley specializes in helping you find your inner power, strength and motivation through carefully designed classes that improve functional movement and provide you with a solid foundation for developing strength of body and mind. Ashley is a certified NASM trainer, with 4 years of group fitness experience, who will equip you to **Reach** your potential, **Own** your mind, **Conquer** your goals, and **Kick** up your fitness!

