



FITNESS &amp; OBSTACLES



PERFORMANCE TRAINING



BOULDERING

## PERFORMANCE & PERSONAL TRAINING

### 360 Training (Ages 10+)

Move faster, get stronger, and focus on specific functions to make you better and safer in your "game". Overcome training hurdles and plateaus, transition from recreation to competition, or hone your edge. Sports Performance Coach Matt Orta will customize sessions and schedules for athletes and non-athletes. **60 min 360 Training: \$70 member \$99 nonmember** \*Discounts on 5 or 10 sessions packages.



### Personal Training

Individualized and small group customized training with our certified staff in general fitness, targeted training, or bouldering instruction. Single sessions and training packages are available, with ½ hour or one hour rates. CoreyPickel@lititzrec.com, 717.626.5096, ext 801.

### ROCFit HIIT (Ages 14+)

**Mon/Wed/Fri 5:30-6:30am OR 8-9am**

Use both body weight and a variety of strength training components to push past your limits and improve your overall fitness level. Increase your performance strength and help your body recover faster as you become stronger.

**\$65/mo member \$105/mo nonmember**

### Team Training Available!

Schedule and customize a 360 group session for your squad, team, or specialty. CoreyPickel@lititzrec.com, 717.626.5096, ext 801.

## BOULDERING PROGRAMS

\*Shoe and chalk rentals available, or bring your own!\*

### Bouldering Basics (Ages 14-Adult)

**Tues • 7-8pm or Wed • 6:30-7:30pm**

Bouldering fundamental skills, problem solving, and confidence building for pursuit of a rising sport! Train with friendly & experienced instructors.

**Monthly: \$35 per month member  
\$55 per month nonmember Drop In \$18**

### Bouldering Personal Training (All Ages)

Customized one-hour session with our instructors to get comfortable with foundations in bouldering, add bouldering elements to work-outs, or move beyond obstacles to improve your bouldering experience.

Book Personal Training sessions by the hour or multiple sessions.

**Learn bouldering with Scramblers for Kids  
ages 6-13! Every Wed at 5:30pm**

### Add-On Sundays on the Boulder

**Sundays • 1:30pm (Ages 14+)**

Fun, social, group activity to work on endurance and boulder problems with other members of the bouldering community! Never played add-on? No worries – our experienced crew will get you going.

**FREE for members \$23 Day Pass for nonmembers**

**Summer Camps will return!  
Mon-Fri mornings June-Aug  
Bouldering, Obstacle, and  
Fitness Challenges for Kids 8+**

**First Time Climb Special for recROC Members!  
\$35 one hour skills session with our certified  
bouldering staff.**

## YOUTH PROGRAMS

### Ninja Kids! (Ages 6-13)

**Every Mon & Thurs 6-7pm and each  
Saturday 11am-noon**

Kids test out their ninja skills on our obstacle course. Learning how to safely maneuver through obstacles and have fun bringing out their inner-Ninja. Relay races for challenge, focus, and testing out new skills.

**Pay as you go fee per class:  
\$12 member \$18 nonmember**

### PARKOUR (Ages 8-13)

**Tues • 5-6pm**

Freestyle obstacle running to work on agility, balance, jumps, and speed. Incorporating team building, courage, perseverance, and respect. Open to all levels with customized coaching options to advance skills.

**\$50/mo member \$65/mo nonmember**

### Scramblers (Ages 6-13)

**Wed • 5:30-6:15pm**

Bouldering begins here! Kids learn safe climbing skills with experienced instructors and understanding of techniques, routes, and more.

**\$35/mo member \$55/mo nonmember  
Drop-In per class \$18**

## ROC-OUT at recROC!

Reserve space at recROC for your next group outing or party. Youth ages 8+ and adults of all ages can explore bouldering, fitness challenges, obstacles, and team building challenges. Inquire about available dates, times, and pricing for ROC-OUT adventures!

**ROCK LITITZ**

Find us on the  
Rock Lititz campus  
201 Rock Lititz Blvd.  
717-626-5096

Mon-Fri 5am-8pm  
Sat/Sun 8am-6pm

**\$75** family/mo  
**\$45** individual/mo  
**\$29** youth/mo  
Daily Guest Pass **\$23**

\*add on recROC to a Lititz recCenter Membership - 50% off monthly rates  
New memberships require one-time \$75 joiner fee not reflected in monthly fees.

## Getting Started at recROC

New members get a one-on-one or family orientation with optional assessments:

- **FREE Bouldering Assessment:** 30 min with a Bouldering Trainer to assist you in developing a strategy for skill building and growth as a climber.
- **FREE Goals Assessment:** 30 Minute Fitness and Goal Assessment with a Certified Personal Trainer to map out a strategy to reach your personal health and fitness goals.

