



# ROCK VALLEY FITNESS PROGRAMS

## ADULT GROUP FITNESS CLASSES

### BEGINNER

**Days:** Tuesdays and Thursdays

**Time:** 11:00 - 11:30 am

**Duration:** 10 classes

**Cost:** \$40

- Chair based
- Instructor led workouts
- No floor/table exercises
- No impact/very low intensity
- 30 minutes long

### INTERMEDIATE

**Days:** Mon., Wed. & Fri

**Time:** 11:15 - 12:00 pm

**Duration:** 10 classes

**Cost:** \$60

- Self-paced
- Same workout for 2 weeks
- Few floor exercises with option to use table
- Low impact/intensity
- 45 minutes long

### ADVANCED

**Days:** Mon., Wed. & Fri.

**Time:** 10:00 - 11:00 am

**Duration:** 10 classes

**Cost:** \$80

- Different workouts each day
- Challenging formats
- Many floor exercises
- Moderate impact/intensity
- 1 hour long

## PERSONAL TRAINING *(for all ages)*

- Exercises and formats that work for YOU
- Accountability of having an appointment
- Schedule a time that works for your schedule
- 30 minute, 45 minute, or 1 hour sessions

**Duration:**

- 10 x 30 min. session package
- 10 x 45 min. session package
- 10 x 1 hour session package

**Cost:**

- \$220
- \$330
- \$440



## MEET YOUR INSTRUCTOR

### Cody Lichthardt, Performance Enhancement Specialist, CSCS

Cody earned his Bachelors Degree in Recreation Management from the University of Illinois at Urbana-Champaign. He enjoys golfing, softball and spending time with his niece and nephew when he is not working out. His own improved health and performance through fitness has lead him to helping others achieve the same benefits. **Contact:** [cody.lichthardt@rockvalleypt.com](mailto:cody.lichthardt@rockvalleypt.com)

**\*All listed programs take place at our Moline - Avenue of the Cities location**

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Making Better Lives.

**Rock Valley**  
PHYSICAL THERAPY