



ATHLETICS & REHABILITATION

Power Lunch Monday, Wednesday & Friday 12:15 pm* \$8

A 30-minute circuit training class perfect for the person with a packed schedule. This total body training class gives you everything you need in a workout including cardio, core, arms and more. Save the gym membership money and hit DMC at lunch time. And for only \$8 a workout!

Train Like A Strongman, Mondays, 8:00 pm \$15

Have you seen the World's Strongest Man competitions? Ever wonder what kind of workouts these guys go through? DMC knows how to prepare for the greatest tests of strength. But don't fear the big weights. Everything is scaled down for people who want to feel like the World's Strongest Man, or Woman, for one hour per week

FIFA Fitness, Tuesdays, 6:45 pm \$15

Are you a soccer player looking to get the edge on the competition? DMC has combined proven training methods used by world-renowned soccer teams from around the globe and brought them to Randolph. Bring your running shoes. This one is tough.

Off-Ice Conditioning, Tuesdays, 8:00 pm \$15

Ice hockey players are notorious for their toughness. They also need to have great agility, balance and explosiveness to put the puck in the net. DMC is ready to see just how tough you are with this class led by a proven goal-scorer and hockey coach.

Gridiron Grind, Wednesdays, 11:00 am \$15

Remember the days when football camp started in August. Those days are gone. It's a year-round sport, and the kids who don't train year round get left behind. Don't be that kid. Come see one of the area's best strength coaches. His 15+ years of football experience will pay off.

Cardio Boxer, Thursdays, 6:45 pm \$15

Nobody trains as hard as a boxer. The early morning runs, the sparring, the weight training and the jump rope combine for chiseled bodies and conditioned athletes. We'll save you a blow to the head, but give you all the good stuff. Feel like Rocky, if only for an hour a week.

Lax Drills, Thursdays, 8:00 pm \$15

Lacrosse is huge in Morris County. As the sport grows, the competition heats up. DMC has the staff with years of lacrosse experience to get you in shape for New Jersey's hottest sport.

BNI Members Only, Fridays, 7:30 am \$15

Are you a member of BNI? If so, you can add a power breakfast to your busy workweek. BNI members are invited to exchange business and ideas during this fast-moving workout designed specifically for professionals with little time to hit the gym. Gain referrals, get energized, and look good.

Plyometrics, Saturdays, 10:00 am \$15

You don't have to lift heavy weights to get strong and explosive. Sometimes, your own body weight is more than enough. Plyometrics is a great way to have fun and get in shape for your sport using jumps, hops, leaps and bounds. The class is lead by a coach who's worked with over 1,000 athletes on their explosiveness from sports including basketball, ice hockey, football, tennis, baseball, soccer, cycling, swimming and more.

Yoga, Wednesdays, 11:00 am \$15

Join us for a fun, welcoming yoga class tailored especially for you and your goals. Smile, stretch, strengthen and tone as you increase flexibility, improve circulation, sharpen concentration and deepen your breath control. Learn the fundamentals of yoga poses and how to modify them whether you need a little extra help or crave a little extra challenge.

To reserve a spot in a group class, email scott@dmcrehab.com or call 973-584-1900