

# RockFit Ninjas

MEDIA RELEASE

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## **New RockFit Ninjas Obstacle Course Training Gym** **Opens January 18**

Grand Rapids, Mich., Jan. 6, 2016—Grab ahold of a new approach to modern fitness that throws obstacles at you, just for the fun of it. Obstacle course training is building speed here in West Michigan in response to the Rockford Ninja Warrior event, a local spin on the American Ninja Warrior television series. Anyone who's hit a wall with their traditional fitness routine can now train like a ninja at the new RockFit Ninjas gym, opening Monday, Jan. 18, in Rockford, Mich.



RockFit Ninjas will offer many of the popular obstacles found on American Ninja Warrior, scaled to size for adults and youth. Trainers will be on hand to guide members through each section.

“Who said working out couldn’t be fun? By conquering the physical challenges at RockFit Ninjas, members will build fitness and the confidence to tackle other obstacles in everyday life,” said Brian Pankratz, owner of RockFit Ninjas and executive director of Rockford Ninja Warrior.

A combination of open gym time and fitness classes will be available daily at the new facility located at 8830 Belding Road in Rockford. Classes are designed to build age-appropriate core strength and conditioning, as well as familiarize youth and adults with obstacle course equipment. Online registration is available at [rockfitninjas.com](http://rockfitninjas.com) or by calling 616.951.1101