



DOWNTOWN GROUP FITNESS SCHEDULE

CHECK OUT OUR SCHEDULE ONLINE AT WWW.RIDGEATHLETIC.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		**6:00-6:45 AM EARLY RIDE CYCLE BURN Martin		**6:00-6:45 AM EARLY RIDE CYCLE BURN Martin		
		7:00-8:00 AM MULTI-LEVEL YOGA Martin		7:00-8:00 AM MULTI-LEVEL YOGA Martin		**8:30-9:30 Elaine
	8:30-9:30 MULTI-LEVEL STEP Monica	**8:30-9:30 Amy	8:30-9:30 Keri	**8:30-9:30 Amy	8:30-9:30 Lauren	
	9:50-10:50 MULTI-LEVEL YOGA Tanya	9:35-10:35 Abby/Ruth	9:50-10:35 PILATES Ember	9:35-10:35 Abby	9:50-10:50 LEVEL 1 YOGA Tanya	
	11:00-11:50 PEAK ALIGNMENT Lauren				11:00-11:50 PEAK ALIGNMENT Lauren	
	12:00-12:30 Elaine	**12:00-1:00 Elaine	12:00-12:30 CARDIO POWER Monica	**12:00-1:00 Byrdeen	**12:00-12:30 Stacy	
	12:30-1:00 Peggy		12:30-1:00 Peggy		12:30-1:00 Lauren	
**3:00-4:00 Peggy				5:00-6:00 POWER VINYASA YOGA Becky		
	**5:30-6:15 RPM CYCLE Jodi	**5:30-6:15 Ruth				

****SIGN UP REQUIRED FOR ALL CYCLE AND BODY PUMP CLASSES****
5:45/6:00 am class sign-up is 12 hours prior online, 2 hours prior in-house
All other classes 3 hours prior online, 2 hours prior in-house

HOURS:

The Ridge – 4181 Fallon Ave. 586-1737

Monday-Thursday: 5:15 am – 10:00 pm

Friday: 5:15 am – 9:00 pm

Saturday & Sunday: 7:00 am – 8:00 pm

The Ridge Downtown – 111 E. Mendenhall 586-0077

Monday-Thursday: 5:30 am – 9:00 pm

Friday 5:30 am – 8:00 pm

Saturday: 8:00 am – 7:00 pm/Sunday: 12:00 pm – 7:00 pm