



# DOWNTOWN GROUP FITNESS SCHEDULE

CHECK OUT OUR SCHEDULE ONLINE AT [WWW.RIDGEATHLETIC.COM](http://WWW.RIDGEATHLETIC.COM)

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