



DAY	SPECIALTY FITNESS SESSION	TIME	LOCATION	INSTRUCTOR
MONDAY	TRIPLE PLAY Oct 15-Nov 16 & Nov 19-Dec 21	12:30-1:15PM	CARDIO AREA	CIERA
TUESDAY	F.A.S.T FUNCTIONAL ADULT STRENGTH TRAINING Oct 16-Nov 15 & Nov 20-Dec 20	5:30-6:30PM	WEIGHT ROOM	SEAN
WEDNESDAY	TRIPLE PLAY Oct 15-Nov 16 & Nov 19-Dec 21	12:30-1:15PM	CARDIO AREA	CIERA
THURSDAY	F.A.S.T FUNCTIONAL ADULT STRENGTH TRAINING Oct 16-Nov 15 & Nov 20-Dec 20	5:30-6:30PM	WEIGHT ROOM	SEAN
FRIDAY	TRIPLE PLAY Oct 15-Nov 16 & Nov 19-Dec 21	12:30-1:15PM	CARDIO AREA	CIERA

CLASS	DESCRIPTION	MONTHLY COST
TRIPLE PLAY	Rock your workout with the TRIPLE PLAY format: 15 minutes of cardio, +20 minutes of weights & +10 minutes of core. Triple Play is a phenomenal, high-intensity, full body workout!	\$85 Member/ \$210 Non-Member
F.A.S.T. (Functional Adult Strength Training)	If you are looking to put on muscle and lose some fat while doing it, F.A.S.T. is the class for you! Through building power and using good lifting techniques, your body will become stronger! With added HIIT (High Intensity Interval Training) at the end of each class, F.A.S.T. encompasses building lean muscle and fat burning after a hard strength training session.	\$85 Member/ \$210 Non-Member

RIDGE ATHLETIC CLUBS DOWNTOWN

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