



NOVEMBER SPECIALTY FITNESS SESSIONS (FALLON LOCATION)

DAY	SPECIALTY FITNESS SESSION	TIME	Location	Instructor
MONDAY	Boot Camp	5:30-6:30 am	Gym	Lauren
	Ski Shape Oct 15-Nov 21 & Nov 26-Dec 19	6:45-7:45 am	Bridger Studio	Bill
	Strong Women Level 1	8:30-9:30 am	Weight Room	Celine
	Boot Camp	9:00-10:00 am	Gym	Lauren
	Rise	10:00-11:00 am	Gym	Mollie
	Young Guns Speed, Agility & Quickness Nov 5-28	4:00-5:00 pm	Gym	Celine
TUESDAY	Strong Women Level 3	6:00 am-7:00 am	Weight Room	Celine
	Strong Women Level 2	8:30-9:30 am	Weight Room	Celine
	Triple Play Oct 16-Nov 20 & Nov 27-Dec 20	12:15-1:00 pm	Cardio Area	Bill
	Young Guns Strength & Power Hour Nov 6-Nov 29	4:00-5:00 pm	Ridge X	Sean
	Winter Warriors Oct 16-Nov 20 & Nov 27-Dec 20	7:00-8:00 pm	Gym	Bill
WEDNESDAY	Boot Camp	5:30-6:30 am	Gym	Lauren
	Ski Shape Oct 15-Nov 21 & Nov 26-Dec 19	6:45-7:45 am	Bridger Studio	Bill
	Strong Women Level 1	8:30-9:30 am	Weight Room	Celine
	Boot Camp	9:00-10:00 am	Gym	Lauren
	Rise	10:00-11:00 am	Ridge X	Mollie
	Young Guns Speed, Agility & Quickness Nov 5-28	4:00-5:00 pm	Gym	Celine
THURSDAY	Strong Women Level 3	6:00 am-7:00 am	Weight Room	Celine
	Strong Women Level 2	8:30-9:30 am	Weight Room	Celine
	Triple Play Oct 16-Nov 20 & Nov 27-Dec 20	12:15-1:00 pm	Cardio Area	Bill
	Young Guns Strength & Power Hour Nov 6-Nov 29 (No class 11/22)	4:00-5:00 pm	Ridge X	Sean
	Winter Warriors Oct 16-Nov 20 & Nov 27-Dec 20	7:00-8:00 pm	Gym	Bill
FRIDAY	Boot Camp	5:30 am-6:30 am	Gym	Lauren
	Boot Camp	9:00 am-10:00 am	Gym	Mollie

*Specialty Session Dates: All classes start on the 1st day of the month through the last day of the month unless noted.
No pro-rating for missed classes.

RIDGE ATHLETIC CLUBS ON FALLON

4181 Fallon St. • Bozeman, MT 59718 • (406) 586-1737 • ridgeathletic.com

Nicole Mains, Fitness Director • nicole@ridgeathletic.com • (406) 586-1737 x109



CLASS	DESCRIPTION	MONTHLY COST
BOOT CAMP	Calorie-incinerating, butts and guts-blasting high intensity full body workout with strength & cardio intervals coupled with innovative agility exercises.	\$75 Member/ \$199 Non-Member
RISE	Professionally guided small group exercise program to transition participants from therapy services into a consistent & safe exercise lifestyle. RISE promotes continuing exercise & wellness for people with chronic conditions and/or significant mobility impairments.	\$45 Member/ \$80 Non-Member
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
SKI SHAPE	SKI SHAPE offers conditioning for winter athletes with low to moderate intensity targeting legs and core exercises. Great for snow enthusiasts who crave an innovative workout focused on endurance and flexibility for all fitness levels.	\$85 Member/ \$210 Non-Member
WINTER WARRIORS	Four weeks to the SLOPES! WINTER WARRIORS will prepare you for all your winter activities by combining higher-impact plyometrics, agility, and strength challenges with a special focus on blasting your lower body and core to improve on-the-snow performance.	\$85 Member/ \$210 Non-Member
YOUNG GUNS SPEED, AGILITY & QUICKNESS	SAQ will improve speed, multi-directional movement, coordination and reaction time in youth athletes. Areas of training include acceleration, deceleration, change of direction, plyometrics, and safe progressions to reduce injury risk. Perfect for off- and pre-season athletes who are ready to improve their sports performance.	\$105 member/\$205 non-member Enroll in SAQ & S&P for \$189/\$289
YOUNG GUNS STRENGTH & POWER HOUR	SPH will provide proper instruction on weight lifting techniques, safety and program design. This program will facilitate development of strength and stability, and reduce the risk of on the field injuries.	\$105 member/\$205 non-member Enroll in SAQ & S&P for \$189/\$289
STRONG WOMEN	SW was designed by a woman for women to help you achieve full body toning, improve cardiovascular endurance and to help target muscle groups not utilized in everyday life. L1 (beginner), L2 (intermediate) & L3 (advanced).	\$85 Member/ \$210 Non-Member

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