



DAY	SPECIALTY FITNESS SESSION	TIME	LOCATION	INSTRUCTOR
TUESDAY	STRONG WOMEN LEVEL 1	8:15-9:15 AM	WEIGHT ROOM	CIERA
FRIDAY	STRONG WOMEN LEVEL 1	8:15-9:15 AM	WEIGHT ROOM	CIERA

CLASS	DESCRIPTION	MONTHLY COST
<b>STRONG WOMEN</b>	SW was designed by women for women to help improve full body strength, stability, and cardiovascular endurance. This class takes place in small groups on the weight room floor, and teaches participants proper exercise technique, different workout styles, and how to use a variety of equipment.	<b>\$85 Member/ \$210 Non-Member</b>

**RIDGE ATHLETIC CLUBS DOWNTOWN**

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