



**FEBRUARY SPECIALTY FITNESS SESSIONS
(FALLON LOCATION)**

DAY	SPECIALTY FITNESS SESSION	TIME	Location	Instructor
MONDAY	Boot Camp	5:30-6:30 am	Gym	Lauren
	Boot Camp	9:00-10:00 am	Gym	Lauren
	Rise	10:00-11:00 am	Gym	Mollie
	Strong Women Level 3	5:30-6:30 pm	Weight Room	Celine
TUESDAY	Strong Women Level 2	5:30-6:30 pm	Weight Room	Celine
WEDNESDAY	Boot Camp	5:30-6:30 am	Gym	Lauren
	Boot Camp	9:00-10:00 am	Gym	Lauren
	Rise	10:00-11:00 am	Ridge X	Mollie
	Strong Women Level 1	4:30-5:30 pm	Weight Room	Ciera
	Strong Women Level 3	5:30-6:30 pm	Weight Room	Celine
THURSDAY	Strong Women Level 2	5:30-6:30 pm	Weight Room	Celine
FRIDAY	Boot Camp	5:30 am-6:30 am	Gym	Lauren
	Boot Camp	9:00 am-10:00 am	Gym	Mollie
	Strong Women Level 1	4:30-5:30 pm	Weight Room	Ciera

*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 sessions.

RIDGE ATHLETIC CLUBS ON FALLON

4181 Fallon St. • Bozeman, MT 59718 • (406) 586-1737 • ridgeathletic.com
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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
STRONG WOMEN	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.	\$85 Member/ \$210 Non-Member

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