



**BRIDGER STUDIO/POOL SCHEDULE**  
 CHECK OUT OUR SCHEDULE ONLINE AT [WWW.RIDGEATHLETIC.COM](http://WWW.RIDGEATHLETIC.COM) (2/1/19)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>**5:30-6:30</b>  Byrdeen	<b>6:00-6:30</b>  Elaine	<b>**5:30-6:30</b>  Stacy	<b>6:00-6:45</b>  Rainey	
	<b>7:45-8:30</b>  Lucas	<b>7:45-8:30</b>  Paula	<b>7:45-8:30</b>  Lucas	<b>7:45-8:30</b>  Elaine	<b>7:45-8:30</b>  Ciara	<b>8:15-9:00</b>  Ciara
<b>**8:20-9:20</b>  Stacy	<b>8:45-9:30</b>  Valarie	<b>8:30-9:00</b>  Jen	<b>8:45-9:30</b>  Valarie	<b>8:30-9:00</b>  Jen	<b>8:45-9:30</b>  Elaine	<b>8:25-9:25</b>  Kelly
<b>9:30-10:00</b>  Lauren	<b>**8:50-9:50</b>  Ruth	<b>9:05-9:50</b> <b>FOREVER ACTIVE (Gym)</b> Elaine	<b>**8:50-9:50</b>  Peggy	<b>9:05-9:50</b> <b>FOREVER ACTIVE (Gym)</b> Elaine	<b>**8:50-9:50</b>  Abby	<b>9:30-10:00</b>  Ruth
<b>10:05-11:00</b>  Rainey	<b>10:00-10:30</b>  Ruth	<b>9:05-10:00</b> <b>CARDIO PARTY</b> Lauren/Michelle	<b>10:05-10:55</b>  Valarie	<b>9:05-10:00</b> <b>CARDIO PARTY</b> Lauren/Michelle	<b>10:00-10:30</b>  Abby	<b>10:05-11:00</b> <b>CARDIO PARTY</b> Lisa
	<b>10:35-11:35</b>  Valarie	<b>10:00-10:35</b>  Michelle	<b>11:00-11:45</b> <b>BACK -N- BALANCE</b> Erin		<b>10:35-11:35</b>  Valarie	
	<b>**12:00-1:00</b>  Stacy	<b>11:30-12:00</b>  Abby	<b>**12:00-1:00</b>  Abby	<b>11:30-12:00</b>  Elaine	<b>12:00-12:55</b>  Peggy	
	<b>1:30-2:15</b> <b>FOREVER ACTIVE</b> Celine	<b>12:10-1:00</b> <b>PEAK ALIGNMENT</b> Clete	<b>1:30-2:15</b> <b>FOREVER ACTIVE</b> Leah	<b>12:10-1:00</b> <b>PEAK ALIGNMENT</b> Clete	<b>1:30-2:15</b> <b>FOREVER ACTIVE</b>	
	<b>4:30-5:00</b>  Peggy	<b>4:30-5:15</b>  Rainey	<b>4:30-5:15</b>  Rainey	<b>4:30-5:15</b>  Rainey		
	<b>5:05-5:50</b>  Rainey	<b>**5:25-5:55</b>  Lauren	<b>**5:25-5:55</b>  Drew	<b>**5:25-5:55</b>  Lauren		
	<b>5:30-6:15</b>  Jane	<b>5:30-6:15</b>  Paula	<b>6:00-6:30</b>  Ruth			
	<b>6:20-6:50</b> <b>HIIT</b> Cait	<b>6:05-6:55</b>  Susie	<b>5:30-6:15</b>  Sue	<b>6:05-6:55</b>  Susie		
	<b>**7:00-8:00</b>  Erin	<b>7:00-7:45</b> <b>HIIT</b> Ciera	<b>6:35-7:05</b> <b>HIIT</b> Cait	<b>7:00-7:45</b> <b>HIIT</b> Ciera		

Downtown :

Ridge Fallon:

Monday-Thursday: 5:15 am-10:00 pm  
 Friday: 5:15am – 9:00 pm  
 Saturday & Sunday: 7:00 am – 8:00 pm

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

**\*\*SIGN UP REQUIRED FOR ALL BODY PUMP CLASSES\*\***

**\*\*5:30 AM BODY PUMP CLASS SIGN UP IS 12 HOURS PRIOR ONLINE, 2 HOURS PRIOR IN HOUSE  
 ALL OTHER BODY PUMP CLASS SIGN UP IS 3 HOURS PRIOR ONLINE, 2 HOURS PRIOR IN HOUSE  
 \*\*NEW ATTENDEES PLEASE ARRIVE 10 MINUTES EARLY FOR SET UP**