



DAY	SPECIALTY FITNESS SESSION	TIME	LOCATION	INSTRUCTOR
TUESDAY	TRIPLE PLAY JANUARY 8-31	12:30-1:15 PM	CARDIO AREA	CIERA
THURSDAY	TRIPLE PLAY JANUARY 8-31	12:30-1:15 PM	CARDIO AREA	CIERA

CLASS	DESCRIPTION	MONTHLY COST
TRIPLE PLAY	Rock your workout with the <b>TRIPLE PLAY</b> 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

**RIDGE ATHLETIC CLUBS DOWNTOWN**

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