
















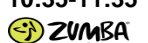







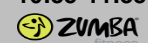












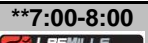


BRIDGER STUDIO/POOL SCHEDULE
 CHECK OUT OUR SCHEDULE ONLINE AT WWW.RIDGEATHLETIC.COM (4/1/19)

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

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