



RIDGE ATHLETIC CLUBS

SEPTEMBER SPECIALTY FITNESS PROGRAMS

DAY	SPECIALTY FITNESS SESSION	TIME	Location	Instructor
MONDAY	Torch It	5:30-6:30 am	Gym WEST	Lauren
	Warrior Workout September 4-30	6:30-7:15 am	DOWNTOWN GROUP EX STUDIO	Ciera/Toby
	Torch It	9:00-10:00 am	Gym WEST	Lauren
	GET RESULTS SMALL GROUP TRAINING September 4-30	9:00-10:00 AM	Fallon-2 nd level Weight Area	Tammi
	RISE	10:00-11:00 am	RIDGE X GREEN	Tammi
	TRIPLE PLAY September 9-27	12:00-12:45 pm	DOWNTOWN	Ciera
	Strong Women Level 1 September 9-27	5:30-6:30 pm	FALLON - Fitness Floor	Ciera
Warrior Workout September 2-30	6:30-7:15 pm	RIDGE X BLUE	Ciera/Toby	
TUESDAY	GET RESULTS SMALL GROUP TRAINING September 3-26	8:00-9:00 AM	Fallon-2 nd level Weight Area	Tammi
	COMPLIMENTARY TONE IT UP TUESDAYS! Tank Top Tone Arms – September 3 BUTT Camp – September 10 AWESOME ABS – September 17	6:30-7:30 pm	DOWNTOWN Group EX Studio	Tammi
WEDNESDAY	Torch It	5:30-6:30 am	Gym WEST	Lauren
	Warrior Workout	6:30-7:15 am	DOWNTOWN GROUP EX STUDIO	Ciera/Toby
	Torch It	9:00-10:00 am	Gym WEST	Lauren
	GET RESULTS SMALL GROUP TRAINING	9:00-10:00 am	Fallon-2 nd level Weight Area	Tammi
	RISE	10:00-11:00 am	RIDGE X GREEN	Sean
	TRIPLE PLAY September 9-27	12:00-12:45 pm	DOWNTOWN	Ciera
	Strong Women Level 1 September 9-27	5:30-6:30 pm	FALLON - Fitness Floor	Ciera
	GET RESULTS SMALL GROUP TRAINING September 4-October 5	6:30-7:30 pm	Fallon-2 nd level Weight Area	Tammi
Warrior Workout	6:30-7:15 pm	RIDGE X BLUE	Ciera/Toby	
THURSDAY	GET RESULTS SMALL GROUP TRAINING September 3-26	8:00-9:00 am	Fallon-2 nd level Weight Area	Tammi
	10 LB MELTDOWN September 12-October 3	6:45-7:45 pm	Fallon-2 nd level Weight Area	Caitlin

DAY	SPECIALTY FITNESS SESSION	TIME	Location	Instructor
FRIDAY	Torch It	5:30-6:30 am	Gym WEST	Lauren
	Warrior Workout	6:30-7:15 am	DOWNTOWN GROUP EX STUDIO	Ciera/Toby
	Torch It	9:00-10:00 am	Gym WEST	Sean
	COMPLIMENTARY FITNESS FRIDAYS! Tank Top Tone Arms – September 13 Awesome Abs – September 27	9:00-10:00 am	Fallon-2 nd level Weight Area	Caitlin
	TRIPLE PLAY September 9-27	12:00-12:45 PM	DOWNTOWN	Ciera
	Strong Women Level 1 September 9-27	5:30-6:30 pm	FALLON Fitness Floor	Ciera
	Warrior Workout	6:30-7:15 pm	RIDGE X BLUE	Ciera/Toby
SATURDAY	GET RESULTS SMALL GROUP TRAINING Starts September 14	8:00-9:00 am	Fallon-2 nd level Weight Area	Tammi
	10 LB MELTDOWN September 14-October 5	10:00-11:00 AM	RIDGE X GREEN	Tammi

**LABOR DAY HOURS – MONDAY, SEPTEMBER 2:
FALLON: 7 AM – 8 PM DOWNTOWN: CLOSED**

**RIDGE ATHELETIC CLUBS (FALLON LOCATION) IS CLOSED FOR CLUB SCRUB
WEDNESDAY, SEPTEMBER 18-SUNDAY, SEPTEMBER 23. NO CLASSES OR PROGRAMS.**

***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

RIDGE ATHLETIC CLUBS DOWNTOWN

111 E. Mendenhall St. • Bozeman, MT 59715 • (406) 586-0077 • ridgeathletic.com

Nicole Mains, Fitness Director • nicole@ridgeathletic.com • (406) 586-1737 x109

Level 1: Beginner, low intensity & low impact.

Level 2: Intermediate with moderate intensity & some impact movements.

Level 3: Advanced, high intensity. May include explosive movements and higher impact exercises.

CLASS	DESCRIPTION	MONTHLY COST
TORCH IT	Torch It guarantees a calorie-incinerating, total-body sculpting workout with a fresh combination of strength building and heart-rate blasting exercises. Each new day brings a new workout-you will never be bored, but you WILL Burn! The first Torch IT session of the month FREE for new participants! Levels 2 & 3	\$85 Member/ \$210 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. Level 1	\$55 Member/ \$90 Non-Member
TRIPLE PLAY	Rock your workout with the TRIPLE PLAY format: 25 minutes of cardio + 25 minutes of weights +10 minutes of core. Triple Play is a phenomenal, high-intensity, full body workout! TRIPLE PLAY sessions are seven weeks. Levels 2 & 3	\$85 Member/ \$299 Non-Member
WARRIOR WORKOUT	A military-grade way to blast your whole body with cardio, isometrics, weights and core! If you're training for the military, a spartan race, or just want to get in shape this spring, Warrior Workout is designed for you! Levels 2 & 3	\$85 Member/ \$210 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. Levels 2 & 3	\$85 Member/ \$210 Non-Member
10 LB MELTDOWN	A four-week jump start program with fresh and fun workouts geared towards lean & toned muscles. Fast and effective results. Includes 30-day workout & nutrition plan. Choose Thursday or Saturday session. Levels 1, 2, 3	\$99 Member/ \$225 Non-Member
TANK TOP TONE ARMS	Strong & Sexy Arms! Learn to sculp and shape your arms with simple moves. Tone and strengthen your arms in to what you have always wanted them to be. Levels 1, 2, 3	Complimentary!
AWESOME ABS	Precision toning and sculpting targeting specific areas of your core. Moves for all fitness & skill levels. Imagine toned, firm and flatter abs!	Complimentary!
BUTT CAMP	Make-over your backside with FUN lifting, toning and butt and thigh SHRINKING exercises! Levels 1, 2, 3	Complimentary!
GET RESULTS! Small Group Training	Get your healthiest body ever. Stay committed to a healthier lifestyle with our personally tailored GET RESULTS program. GET RESULTS is a system designed to help our members set realistic goals, develop personalized health, fitness and weight and weight loss programs with constant expert support and guidance. Perfect pathway after 10 Pound Meltdown. SGT meets twice per week for one hour: choose M/W, T/TH or W/SAT group. ALL SESSIONS MUST BE USED WITH IN DESIGNATED PROGRAM TIME FRAME. NO REFUNDS FOR UNUSED SESSIONS. 24 HR Cancellation required. Levels 1, 2, 3	\$280 for 8 sessions/ Member \$360 for 8 sessions/ Non-Member

