









































BRIDGER STUDIO/POOL SCHEDULE
 CHECK OUT OUR SCHEDULE ONLINE AT WWW.RIDGEATHLETIC.COM (9/1/19)

| 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 Lisa | 7:45-8:30 AQUAFIT Paula | 7:45-8:30 AQUAFIT Rainey | 7:45-8:30 AQUAFIT Lisa | 7:45-8:30 AQUAFIT Elaine | 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 | 8:45-9:30 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 | **8:50-9:50  Abby | 9:30-10:00  Abby |
| 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 | 10:00-10:30  Ruth | 10:05-11:05 CARDIO PARTY Lisa |
| | 10:35-11:35  Valarie | 10:10-11:00  Jenny | 11:00-11:45  Peggy | 10:10-11:00  Christine | 10:35-11:35  Valarie | |
| | **12:00-1:00  Stacy | 11:30-12:00  Jenny | **12:00-1:00  Abby | 11:30-12:00  Abby | 12:00-12:55  Peggy | |
| | 1:30-2:15 FOREVER ACTIVE Elaine | 12:10-1:00 PEAK ALIGNMENT Clete | 1:30-2:15 FOREVER ACTIVE Leah | 12:10-1:00 PEAK ALIGNMENT Clete | 1:30-2:15 FOREVER ACTIVE Cait | |
| 4:00-5:00 CARDIO PARTY Lisa | 4:30-5:00  Drew | 4:30-5:15  Rainey | **4:30-5:00  Drew | 4:30-5:15  Rainey | | |
| | 5:05-5:50  Rainey | **5:25-5:55  Lacee | 5:05-5:35  Drew | **5:25-5:55  Lacee | | |
| | 5:30-6:15 AQUAFIT | 5:30-6:15 AQUAFIT Paula | 5:40-6:25  Rainey | | 5:30-6:00 HIIT Cait | |
| | 6:00-6:30 HIIT Cait | 5:30-6:15 AQUAFIT Paula | 5:30-6:15 AQUAFIT Sue | | **6:05-6:35  Erin | |
| | **6:40-7:40  Erin | 6:05-6:55  Susie | 6:30-7:00 HIIT Cait | 6:05-6:55  Susie | | |

Ridge Fallon:

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

Downtown:

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