

# SIMPLE FITNESS - MARCH



## Tuesday/Thursday

TIME	TRAINER	LOCATION
5:45-6:15am	Brandon (Tues) Toby (Thurs)	Hyalite Training Area
6:25-6:55am	Kayla	Hyalite Training Area
8:20-8:50am - NEW!	Brandon	Hyalite Training Area
9:00-9:30am	Sean	Hyalite Training Area
11:45-12:15pm	Caitlin	Hyalite Training Area
12:25-12:55pm	Toby	Hyalite Training Area
4:45-5:15pm	Sean	Hyalite Training Area
5:25-5:55pm	Brandon	Hyalite Training Area
6:05-6:35pm	Tammi	Hyalite Training Area
6:45-7:15pm - NEW!	Tammi	Hyalite Training Area

## Saturday

TIME	COACH	LOCATION
7:30-8:00am	Brandon	Hyalite Training Area
8:10-8:40am	Caitlin	Hyalite Training Area
8:50-9:20am	Varies	Hyalite Training Area
9:30-10:00am	Kayla	Hyalite Training Area

Questions? Contact Nicole Mains, Fitness Director:  
(406) 586-1737 or [nicole@ridgeathletic.com](mailto:nicole@ridgeathletic.com)

Ridge Athletic Clubs  
4181 Fallon St., Bozeman, MT 59718

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## Q&A

### ***Give me the details on SIMPLE FIT! I want to know more!***

**SF** incorporates fun, upbeat workouts in 30 minutes or less in a non-intimidating, inclusive environment. Each session is led by a Ridge Certified Personal Trainer and the **SF** program includes a pre & post In-Body Body Composition test plus two fitness assessments & a 30-day trial use of a MyZone Heart Rate Tracking device.

### ***How does the SIMPLE FITNESS program work?***

Pick your ideal time for your **SF** workouts & commit to two workouts per week on Tuesday and Thursday for the entire month. If you miss a session, Saturday make-up sessions are available on a space-available basis. Each **SF** program is offered on the calendar month. Once you enroll there are no discounts or refunds for missed sessions.

### ***How do I register for SIMPLE FITNESS?***

It's **SIMPLE**, of course! Registration is available at the service desk, online or text your registration to Tanner (406) 570-3398 or Logan (406) 595-3164. Once you are registered, your **SF** coach is your "go-to" contact for the entirety of the **SF** program.

### ***What is the cost for SIMPLE FITNESS?***

**SIMPLE FITNESS** is just \$49 per month! Once enrolled, there are no refunds or prorations for missed sessions.

### ***If I can't make my normal session time slot, can I jump into another time slot on the same day (Tuesday or Thursday)?***

Each session is limited to 12 participants. Ask your coach if the possibility of making up your session during the week is possible. If not, you always have the option of fantastic Saturday make-up sessions each week! Please communicate directly with your **SF** coach if you plan on attending a Saturday make-up session.

### ***How about this: I can commit to a Tuesday session and a Saturday session for the entire month. Does that work too?***

Yes! You will need to sign up for the regular Tuesday/Thursday session time and you will be able to do your make up your missed session on Saturdays. Please let your coach know in advance.

### ***Tell me how the Saturday make-up sessions work; I love this option!***

**SIMPLE FITNESS** offers four Saturday make-up sessions each week for your convenience. Registration is not required for the make-ups and is limited to 12 people per session. Ask your coach about Saturday session recommendations.

### ***If I have an injury should I attend my session?***

Touch base with your coach prior to the start of the session and explain your injury. Modifications are always available to keep you safe.

### ***How can I get the most out of this program? It sounds AWESOME!***

Commit to the time slots that work for you - attending two workouts per week for an entire month. During each session wear your MY ZONE HR monitor to track your progress. Checking in regularly with your coach is critical. Make sure to communicate with your coach if you are having challenges, if it's too easy/hard and any time you have a question about your progress. Our **SF** coaches are your support system and here to build a 2020 roadmap to fitness success. Most importantly, meet someone new and have fun!

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