

MARCH SPECIALTY FITNESS PROGRAMS



DAY	SPECIALTY FITNESS SESSION	TIME	Location	Instructor
MONDAY	Torch It	5:30-6:30 am	Gym WEST	Lauren
	Warrior Workout	6:30-7:15 am	DOWNTOWN FITNESS FLOOR	Toby
	Torch It	9:00-10:00 am	Gym WEST	Lauren
	RISE	10:00-11:00am	RIDGE X GREEN	Tammi
	Silver Shape Up!	11-11:45 am	RIDGE X GREEN	Kayla
	SPEED PLAY: Treadmill Interval Coaching March 9-April 1	5:30-6:15 pm	FALLON	Caitlin
	SNOW SHAPE! Winter Workout Series	5:45-6:45 pm	RIDGE X BLUE	Tammi
TUESDAY	POWER TRAINING!	10-10:30 am	DOWNTOWN Fitness Floor	Kayla
	Silver Shape Up!	11-11:45 am	DOWNTOWN Fitness Floor	Kayla
	POWER TRAINING!	5-5:30 pm	DOWNTOWN Fitness Floor	Kayla
	STRONG BODY WORKSHOP March 3-April 23	6:00-7:00 pm	DOWNTOWN Fitness Floor	Kayla
WEDNESDAY	Torch It	5:30-6:30 am	Gym WEST	Lauren
	Warrior Workout	6:30-7:15 am	DOWNTOWN FITNESS FLOOR	Toby
	GOLF FIT! SMALL GROUP PERSONAL TRAINING	8:00-9:00 am	Fallon-2 nd Level Weight Area	Tammi
	Torch It	9:00-10:00 am	Gym WEST	Lauren
	RISE	10:00-11:00am	RIDGE X GREEN	Sean
	SPEED PLAY: Treadmill Interval Coaching March 9-April 1	5:30-6:15 pm	FALLON	Caitlin
	SNOW SHAPE! Winter Workout Series	5:45-6:45 pm	RIDGE X BLUE	Tammi
THURSDAY	Stretch & Mobility March 12-April 2	9:15-10:00 am	DOWNTOWN STRETCH AREA	Kayla
	POWER TRAINING!	10-10:30 am	DOWNTOWN Fitness Floor	Kayla
	POWER TRAINING!	5:00-5:30 am	DOWNTOWN Fitness Floor	Kayla
	STRONG BODY WORKSHOP March 3-April 23	6:00-7:00pm	DOWNTOWN Fitness Floor	Kayla
FRIDAY	Torch It	5:30-6:30am	Gym WEST	Lauren
	Warrior Workout	6:30-7:15am	DOWNTOWN FITNESS FLOOR	Toby
	Torch It	9:00-10:00am	Gym WEST	Sean
SATURDAY	GOLF FIT! SMALL GROUP PERSONAL TRAINING	8:00-9:0 am	RIDGE X GREEN	Tammi
	Stretch & Mobility March 14-April 4	8:15-9:00am	Fallon – 2 nd Level Stretch Area	Kayla
	10 LB MELTDOWN	10:00-11:00am	RIDGE X GREEN	Tammi
	Total Body Ball Workshop- FREE! March 21	11:00-12:00pm	RIDGE X GREEN	Tammi

CLASS	DESCRIPTION	MONTHLY
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
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! DOWNTOWN LOCATION ONLY 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 suggestions. Levels 1, 2, 3	\$99 Member \$225 Non-Member
SNOW SHAPE: WINTER WORKOUT SERIES	Forget hibernating! As the cold weather sets in each year, we tend to hunker down turn on the TV and tuck in for the season. By why not get outside and take part in some wintry fun? Join us as we build muscle mass, stability, endurance, strength & power so you can enjoy the fresh air and the great outdoors. Levels 1, 2, 3	\$59 Member \$99 Non-Member
GOLF FIT! SMALL GROUP PERSONAL TRAINING	Get ready for your best game ever! Balance-Stability-Power-Flexibility Improving awareness of <i>balance</i> & the ability to maintain it throughout the golf swing is fundamental to keep a solid connection to the ground. When you think <i>stability</i> , think <i>control</i> . By improving golf-specific functional strength the body has more control during the golf swing. Learning to load – or store- maximum energy then sequentially release it through impact with maximum efficiency means maximum <i>power</i> . <i>Flexibility</i> – the ability to turn and rotate through a full range of motion – drives power and decreases the risk of injury. Levels 1, 2, 3	\$35/hour Member \$55/hour Non-Member
STRONG BODY WORKSHOP	Learn proper lifting techniques and progressive overload to increase strength, shape your physique, and break through fitness plateaus. Strong Body Workshop is 8 weeks & meets twice per week. DOWNTOWN LOCATION ONLY. Levels 1, 2, 3	\$109 Member \$249 Non-Member
SPEED PLAY: Treadmill Interval Coaching	If you're a runner or want to start running SPEED PLAY is the program for you! Our fun, dynamic interval sessions will make you a faster, more efficient runner! Great for those who are training for a race, want running to feel easier, get faster or just want a dynamic cardio workout! Levels 1, 2, 3	\$59 Member \$99 Non-Member
Stretch & Mobility	Increase hip, spine and shoulder mobility with the incorporation of foam rolling techniques and improve flexibility through gentle & advanced stretching practices. Levels 1, 2, 3	\$60 – 4 sessions or \$20 drop in
POWER TRAINING!	Improve athleticism, power, strength, core and endurance through circuit training, high intensity interval work and functional exercises. Moderate to high impact for intermediate to advanced fitness levels. Levels 2-3	\$49 member \$99 Non-member \$20 drop-in
SILVER SHAPE UP!	Improve balance & coordination while increasing strength, bone density, endurance and mobility. Continue doing the things you love for years to come in a stronger, healthier body. Perfect for 50+ exercisers.	\$35 member \$99 Non-member \$20 drop-in

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/cancelled sessions, holidays or club closures.

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.

RIDGE ATHLETIC CLUBS ON FALLON

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