




SUMMER 2010 FITNESS CLASS SCHEDULE



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM	CYCLE Luke 5:30	CYCLE David 5:30	CYCLE Luke 5:30	CYCLE David 5:30	OUTDOOR CYCLE Luke 5:30	
8:00AM						SUPER RIDE Paul 8:00
8:45AM	CYCLE Paul 8:45	BODY SHOCK Kelly S 8:45	CYCLE Kathleen 8:45	BODY SHOCK Kelly S 8:45	STRENGTH Kelly S 8:45	
9:00AM	ADVANCED PILATES Kathleen 9:00	Serious Speed * Grahame 9:00	 Kelly S 9:00	Serious Speed * Grahame 9:00		STEP N STRENGTH Staff 9:15
10:00AM	PILATES Kathleen 10:00	STRENGTH Nancy 10:00	PILATES Kathleen 10:00	STRENGTH Kelly S 10:00	CYCLE Kathleen 10:00	YOGA Staff 10:30
11:00AM	Muscle & Core Fit Becky 11:15				PILATES Kathleen 11:00	
4:00PM						
5:30PM	CYCLE Sue 5:30	 Kelly S 5:30	CYCLE Kathy 5:30	 Kelly S 5:30		
6:00PM	PILATES Katie 6:00	YOGA LEVEL I Michele P 6:30				
6:45PM	EXTREME CARDIO Julie 6:45	Classical Stretch Julie 6:45	EXTREME CARDIO Julie 6:45			
8:00PM	YOGA LEVEL II Amy 8:00		YOGA Tina 8:00			
CLASS ACTIVITY:	CYCLE	AEROBICS	YOGA/PILATES/STRETCH	STRENGTH	SPECIALIZED PROGRAMS	CLASS HELD IN STUDIO 2

Looking for some Summer Heat? Try a Ridge Fitness Bootcamp!!!

5:30AM		Denise		Denise	Bootcamps are \$12 per class. Ask about prepaid specials!	Denise 7:15AM
9:30AM	Sean		Grahame			
7:00PM	Tony		Tony			

Ridge Fitness Classes will help you achieve your goals! Have fun getting in shape with your friends!

* Youth Programs! See Youth Program Brochure for more information - Registration required

All classes are an hour long unless otherwise noted

Ridge Fitness - 7713 Center Blvd SE #120, Snoqualmie, WA 98065 - 425.396.1312 - www.ridgefit.com