

# May Session 2017

THE FITNESS STUDIO THAT HAS FUN, DEVELOPS FRIENDSHIPS AND GETS FIT

## Class Description

### **Bike & Barre Fit**

75 minute class - 20 minutes of spinning and 55 minutes of non-impact, isometric movements that will lift the seat, tone the arms, sculpt the legs and carve the abs. Watch your body truly transform.

**Platform Barre & Pilates** a 60 minutes class blending Pilates and the Platform Barre. This class will focus on cardio, core strength and elongating the body.

**Evening Barre** - 60 minutes of core conditioning, and isometric movements to lift the seat, tone the arms and sculpt the legs and abdominals.

**R.I.P.P.E.D** - Hit your week hard with R.I.P.P.E.D. A 60 minute class consisting of 60 minutes of resistance, interval training, plyometrics, power, endurance including outside training and core conditioning.

## Ridgefields Fitness Class Schedule

Checks payable to Jennifer Guest - \$10.00 per individual class

May 1 -14 (2 weeks session)

Bike & Barre Fit	T & Th	8:15am- 9:30am	\$32.00
Pilates & Platform	Wed	8:20am - 9:20am	\$16.00
Evening Barre	Monday	6:00pm - 7:00pm	\$16.00
R.I.P.P.E.D	Monday	8:20am - 9:20am	\$16.00
Weekend Barre	Sunday	2:00pm - 3:00pm	\$16.00
Unlimited Classes			\$45.00



1 Hour Personal Training Session	\$45.00
8 Hour Personal Training Session	\$350.00
1/2 Hour Personal Training Session	\$25.00

