



STRONG BODY PROJECT

Continuous 4 week sessions – Next session starts Oct 15

STRONG BODY PROJECT BOOTCAMP: This women's only bootcamp is what birthed this business and it's something we will carry out as long as we are alive. In this camp we focus on strength, pushing to new limits, confidence and growth. Workouts include multiple types of exercise ranging from cardio, strength training, HIIT, plyometrics, and isometric training. This is an all in one camp and can be done at any level skill level. We show variations of every move including modifications, so come in with confidence that you will be able to push through. We take before and after photos and track strength in numbers throughout the camp, along with a quarterly fit test that shows growth in number of reps and modifications.

Mon, Wed, & Fri @ 10:15 AM or Mon, Thur, Fri @ 7PM
Fee: \$100 for 3x per week Oct 15-Nov 9

ANGER MANAGEMENT: Ever want to try kickboxing but are intimidated by the unknown? Good news! In this kickboxing fitness class we take the fun of hitting a bag and add in circuits and timed rounds. Utilize this class for endurance and letting out aggression, mixed with strength and cardio.

Tues/Thurs @ 7:30 PM
Fee: \$85 for 2x per week Oct 15-Nov 9

PSYCH WARD: If you have completed a few rounds of our flagship camp, or have been in fitness for a while, and want to increase strength mixed with plyometrics and cardio, this is the class for you. In this class we do fun, challenging, workouts using weights, bands, battle ropes, and pull up bars. Don't let the name scare you, let it excite you. This is where you come to level up your fitness. This class also has a Fit Test so that you can measure your strength and growth throughout the 4 weeks.

Tue/Thur @ 10:15 AM
Fee: \$85 for 2x per week Oct 15-Nov 9

SANITY: Take this class if you are looking for an opportunity to build strength and push your limits without the jumping and plyometrics. This class slows things down and combines isometric training, Pilates movement, resistance training, and weights to ensure you get sweaty and feel a burn, but at a slower pace. Utilize this class for beginning fitness, active recovery, or low impact options.

Mon, Wed, & Fri @ 11:15 AM or Mon, Tues, Fri @ 6 PM Oct 15-Nov 9

Like to mix it up?? Purchase a month of Unlimited Class Access for just \$135

All classes held in Old View Ridge Gym, 510 Pioneer Street – park in back parking lot and enter via outside gym door

Register online at ridge.revtrak.net / Session F18-3 starts Oct 15