

# **RIPPED "2016" FALL Schedule:**

Fall #1: Aug. 22/24 - Oct. 17/19 (8 Weeks)

Fall #2: Oct. 24/26 – Dec. 12/14 (8 Weeks)

Then we are taking a break for the Holidays and will return in January 2017!!

6:30 – 7:30pm

## **Class Fees:**

8 weeks: \$40 one night

\$70 for both nights

Drop In any night for \$6.00

Contact: Angie Frey 717-371-4466

or

Amber Shoemaker 717-669-2565

R.I.P.P.E.D is a high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weight and resistance. With driving, motivating music, participants jam through **Resistance, Intervals, Power, Plyometrics, Endurance, and Diet** with smiles, determination, and strength. This high intensity style program will have you burning 750-1000 calories in just 50 minutes! R.I.P.P.E.D. is truly for EVERY body and designed to meet ALL fitness levels. All you need to bring is a towel, light hand weights, water, and a smile!

**CARDIO.  
WEIGHTS.  
FUN.  
DONE.**



**Join us at**



*The One Stop Body Shock®*

R.I.P.P.E.D. is a high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's fun, created for all fitness levels and will produce results you are looking for.

**Everyone is Getting R.I.P.P.E.D.**

**Don't Get Left Behind**

**R.I.P.P.E.D.® Fitness formula is for everybody!**