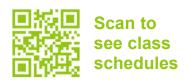


WINTER RIPT 8 week program JAN 8TH- FEB 29TH



45 minute sessions of resistance, Interval, and physical training (RIPT)

Sessions available at 5:30 a.m. and 4:30 p.m. Monday-Thursday



	2x per week:	4x per week:
Wellness Members	\$25	\$50
MercyOne Colleagues and Corporate Wellness Clients	\$50	\$100
General Public	\$80	\$120

Sign up for a 4x per week session and also receive full MercyOne Wellness Center access any day, including access to other classes for the duration of the session.

