



# Ridgeline Health & Fitness

ARE YOU RIDGE READY?

## The Ridgeline Philosophy

No matter where you come from or where you're going, life is way more manageable and exhilarating when you realize your full potential! Oh, the things we learn as we age! You have the reigns on your life; I'm just here to help you LOVE yourself a little more everyday!

### The Ridgeline Focus:

- Functional Training
- Apply correctional exercises to help improve the movement of your body.
- Focus on properly aligning the shoulders, torso, hips, knees and ankles to prevent injury.
- Maintain control in all planes of motion and joint movement.
- Emphasis on proper breathing techniques to stabilize the core and protect the spine.
- Pre- and Post- Rehab (physician referral and clearance may be necessary).

More movement, alongside a healthy lifestyle and proper nutrition; can be the less expensive way to live your life to it's full potential! Ridgeline was created to meet members in the middle; to say, "hey, here's your baseline and this is where we are going to reach your goals!" The tools and techniques to help individuals move and live their best is done in a methodical, functional and progressive way to help them lose excess weight, build healthy muscle and maintain proper body mechanics.

## Education & Credibility

B.S. Exercise and Sport Physiology, Plymouth State University  
Certified Fitness Trainer, AFAA  
Cancer Exercise Specialist, CETI  
Senior Fitness Specialist, NASM  
Current Course Training:  
Functional Aging Institute & American College of Sports Medicine

### Prior Job Experience

2020 Founded Ridgeline Health & Fitness  
2020 Personal Trainer at Southern NH YMCA of Exeter NH  
2019 Personal Trainer at Fitness Together, Newburyport MA  
2017 Health Initiative Programs Specialist at North Shore YMCA, Haverhill MA & Plaistow NH  
2015 Youth Program Specialist at Run for Fun Camps, Palo Alto CA  
2015 Youth Fitness Specialist, Girls Inc of NH, Manchester and Nashua NH  
2013 Licensed Nursing Assistant, Dartmouth Hitchcock Medical Center, Lebanon NH

## Who is Ridgeline designed for?

There is something for everyone, but it takes YOU and your willingness to try new things to figure out what services fit your schedule and lifestyle. At the Ridge you are educated with the latest exercise science, techniques and recommendations. Classes are designed start at your baseline and gradually progress you at your pace. Not sure where to start? Schedule a FREE fitness assessment today!

## Recommended Steps to Become a Member:

1. Contact Ari: [ariannakinder.com](http://ariannakinder.com) or (413) 496-4318
2. Schedule your initial fitness assessment and/or orientation to Ridgeline (required)
3. Try out the classes while on the 7-day Free Trial
4. Become an official member by purchasing the best package for you!
5. Stay connected by following the Ridgeline Facebook and Instagram page: [@ridgelinehealth](https://www.instagram.com/ridgelinehealth)

## Contact Me!

Mobile: 413 496 4318  
Website: [ariannakinder.com](http://ariannakinder.com)  
Email: [ariannakinder@gmail.com](mailto:ariannakinder@gmail.com)  
Social: [@ridgelinehealth](https://www.instagram.com/ridgelinehealth)



## Classes

### Bridge Back to Life (BB2L)

**Starts September 10th! @ 8:30- 9:00am**

BB2L is really the best way to start a new online exercise program with Ridgeline! In companion with the 10 Day Reawakening Challenge BB2L will be offered everyday (M-F) until the end of September. Get the most up to date, exercise recommendation and functional movements you need to improve your overall health and well-being! Register by contacting me! (413) 496-4318.

### CORE FOUNDATIONS

**MWF @ 6-6:30am**

CORE= all the muscles that support the spine and stabilize the body in motion. Working the pelvic floor muscles is vital for Pre & Post childbirth, aging process and power & endurance athletes!

### MOVE MORE

**M W F @ 11:30am**

Cardio, strength, flexibility, and balance all in one class! Learn how to move your body with simple exercises to help build muscle, increase blood flow, activate your core : Tools to live a healthier life!

### GOOD MORNING SUN STRETCH

**TTH @ 6am**

Get your stretch on! Wake up bright and early for a relaxed stretch. Gradually improve your flexibility by going through a progressive flow of movement on your mat! \*Evening classes coming soon!

## Upcoming Challenges

### Get Ridge Ready Fall Series

8/9 - 9/13, 9/27 - 10/25, 11/8 - 12/13

### 100 Days of Healthy Habits

Aug 14th to November 15th

### Tame the Frame

10 Day Sugar Free Challenge

Sept 14 - Sept 23, Nov 2 - Nov 12

