



## Ring Rental – Train Independently

### **RING RENTAL – Tuesday Mornings**

**by appointment only – \$20 per hour/ per ring**

Utilize ring space to train independently – individually or as a small group.

Limited equipment available.

Ring time can be scheduled in 15-minute intervals (\$5/15 minutes), if a shorter time suits your training needs.

Contact Betty Nichols at [elizabeth.c.nichols@gmail.com](mailto:elizabeth.c.nichols@gmail.com) to schedule