



# Fitness Classes for August

2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 RCF S & C 6:30 am and 4 pm	8 RCF S & C 6:30 am and 4 pm	9 RCF S & C 6:30 am and 4 pm	10 RCF S & C 6:30 am and 4 pm	11 RCF S & C 6:30 am and 4 pm	12 Gym is open 8a – 5 p	13 Gym Closed for Cleaning
14 RCF S & C 6:30 am and 4 pm	15 RCF S & C 6:30 am and 4 pm	16 RCF S & C 6:30 am and 4 pm	17 RCF S & C 6:30 am and 4 pm	18 RCF S & C 6:30 am and 4 pm	19 Gym is open 8a – 5 p	20 Gym Closed for Cleaning
21 RCF S & C 6:30 & 4 Gym Guyz – Yoga 5 pm	22 RCF S & C 6:30a & 4p Gym Guyz – Boot Camp Noon -1:00 pm	23 RCF S & C 6:30a & 4p Gym Guyz – Pilates 5 pm	24 RCF S & C 6:30 am and 4 pm	25 RCF S & C 6:30 am and 4 pm	26 Gym is open 8a – 5 p	27 Gym Closed for Cleaning
28 RCF S & C 6:30 am and 4 pm Gym Guyz – Yoga 5 pm FREE INTRO	29 RCF S & C 6:30 am and 4 pm Gym Guyz – Boot Camp Noon -1:00 pm	30 RCF S & C 6:30 am and 4 pm Gym Guyz – Pilates 5 pm	31 RCF S & C 6:30 am and 4 pm Gym Guyz – Boot Camp Noon -1:00 pm	31 Also on Aug 31 <sup>st</sup> Gym Guyz – Yoga 5 pm		

## COACHES

**RCF Strength & Conditioning**  
Classes held in outdoor gym under  
the K2 Building  
\$80 per month/unlimited  
Contact [info@iamrcf.com](mailto:info@iamrcf.com)

**Gym Guyz – ALL AUG CLASSES FREE**  
Varied small group cardio, strength,  
yoga, pilates classes using mobile  
equipment. Boot camps, challenges  
& event prep.  
Email [eastside@gymguyz.com](mailto:eastside@gymguyz.com)

**Fitness Forward-Debbie Potts**  
2x per month wellness seminar plus  
workshop. Cost is \$10 for each.  
Starting September 7th Registration  
link is available on the Bellefield  
[website/Culture/Event](http://www.bellefield.com/Culture/Event) tab now!