



Fitness Classes for October

2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 RCF S & C 6:30 & 4 GG Yoga 5 pm	2 RCF S & C 6:30 & 4	3 RCF S & C 6:30 & 4 GG Pilates 5 pm	4 RCF S & C 6:30 & 4 GG Yoga 5 pm	5 RCF S & C 6:30 & 4	6 Gym is open 8a – 5 p	7 Gym Closed for Cleaning
8 RCF S & C 6:30 & 4 GG Yoga 5 pm	9 RCF S & C 6:30 & 4	10 RCF S & C 6:30 & 4 GG Pilates 5 pm	11 RCF S & C 6:30 & 4 GG Yoga 5 pm	12 RCF S & C 6:30 & 4	13 Gym is open 8a – 5 p	14 Gym Closed for Cleaning
15 RCF S & C 6:30 & 4 GG Yoga 5 pm	16 RCF S & C 6:30a & 4p	17 RCF S & C 6:30a & 4p GG Pilates 5 pm	18 RCF S & C 6:30a & 4p GG Yoga 5 pm	19 RCF S & C 6:30 & 4	20 Gym is open 8a – 5 p	21 Gym Closed for Cleaning
22 RCF S & C 6:30 & 4 GG Yoga 5 pm	23 RCF S & C 6:30 & 4	24 RCF S & C 6:30 & 4 GG Pilates 5 pm	25 RCF S & C 6:30 & 4 GG Pilates 5 pm	26	3027 Gym is open 8a – 5 p	

COACHES

RCF Strength & Conditioning
 Classes held in outdoor gym under
 the K2 Building
 \$80 per month/unlimited
 Contact info@iamrcf.com

Gym Guyz –
 Varied small group cardio, strength,
 yoga, pilates classes using mobile
 equipment in the Conifer Training
 Room. **Boot camps, challenges &
 event prep need paid registration.**
 Email eastside@gymguyz.com