



Fitness Classes for December

2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 RCF S & C 6:30 am	4 Gym is open 8a – 5 p	5 Gym Closed for Cleaning
4 RCF S & C 6:30 am GG Yoga 5 pm	5 RCF S & C 6:30 am & 4	6 RCF S & C 6:30 am & 4 GG Yoga 5 pm	7 RCF S & C 6:30 am & 4 GG Yoga 5 pm	8 RCF S & C 6:30 am	9 Gym is open 8a – 5 p	10 Gym Closed for Cleaning
11 RCF S & C 6:30 am GG Yoga 5 pm	12 RCF S & C 6:30 am & 4	13 RCF S & C 6:30 am & 4 GG Pilates 5 pm	14 RCF S & C 6:30 am & 4 GG Yoga 5 pm	15 RCF S & C 6:30 am	16 Gym is open 8a – 5 p	17 Gym Closed for Cleaning
18 RCF S & C 6:30 am GG Yoga 5 pm	19 RCF S & C 6:30 am & 4	20 RCF S & C 6:30 am & 4 GG Pilates 5 pm	21 RCF S & C 6:30 am & 4 GG Yoga 5 pm	22 RCF S & C 6:30 am	23 Gym is open 8a – 5 p	24 Gym Closed for Cleaning
25 No Classes Happy Holiday!	26 RCF S & C 6:30 & 4	27 RCF S & C 6:30 & 4 GG Pilates 5 pm	28 RCF S & C 6:30a & 4p GG Yoga 5 pm	29 RCF S & C 6:30 am	30/31 Gym Closed for Cleaning and for New Years Holiday	

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

Bellefield Programs facilitates on site classes but is not responsible for cancellations or any issues with the providers & coaches who contract directly with tenants.