



# Fitness Classes for Jan

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Happy New Year! Holiday	2 RCF S & C 4 pm	3 RCF S & C 4 pm GG Yoga 5 pm	4 RCF S & C 4 pm GG Yoga 5 pm	5	6 Gym is open 8a – 5 p	7 Gym Closed for Cleaning
8 GG Yoga 5 pm	9 RCF S & C 4 pm	10 RCF S & C 4 pm GG Pilates 5 pm	11 RCF S & C 4 pm GG Yoga 5 pm	12	13 Gym is open 8a – 5 p	14 Gym Closed for Cleaning
15 GG Yoga 5 pm	16 RCF S & C 4 pm	17 RCF S & C 4 pm GG Pilates 5 pm	18 RCF S & C 4 pm GG Yoga 5 pm	19	20 Gym is open 8a – 5 p	21 Gym Closed for Cleaning
22 GG Yoga 5 pm	23 RCF S & C 4 pm	24 RCF S & C 4 pm GG Pilates 5 pm	25 RCF S & C 4 pm GG Yoga 5 pm	26	27 Gym is open 8a – 5 p	28 Gym Closed for Cleaning
29 GG Yoga 5 pm	30 RCF S & C 4 pm	31 RCF S & C 4 pm GG Pilates 5 pm	Feb 1 RCF S & C 4 pm GG Yoga 5 pm	Feb 2	Feb 3 Gym is open 8a – 5 p	Feb 4 Gym Closed for Cleaning

## 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 –**  
 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](mailto: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.