



# Fitness Classes for February

2018

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