



# Fitness Classes for March

2018

| Monday                | Tuesday              | Wednesday                                  | Thursday                                | Friday | Saturday                   | Sunday                             |
|-----------------------|----------------------|--|---|--------|----------------------------|------------------------------------|
|                       |                      |  | 1<br>RCF S & C 4 pm<br>GG Yoga 5:15 pm  | 2      | 3<br>Gym is open 8a – 5 p  | 4<br>Gym Closed for Cleaning       |
| 5<br>GG Yoga 5:15 pm  | 6<br>RCF S & C 4 pm  | 7<br>RCF S & C 4 pm<br>GG Pilates 5:15 pm  | 8<br>RCF S & C 4 pm<br>GG Yoga 5:15 pm  | 9      | 10<br>Gym is open 8a – 5 p | 11<br>Gym Closed for Cleaning      |
| 12<br>GG Yoga 5:15 pm | 13<br>RCF S & C 4 pm | 14<br>RCF S & C 4 pm<br>GG Pilates 5:15 pm | 15<br>RCF S & C 4 pm<br>GG Yoga 5:15 pm | 16     | 17<br>Gym is open 8a – 5 p | 18<br>Gym Closed for Cleaning      |
| 19<br>GG Yoga 5:15 pm | 20<br>RCF S & C 4 pm | 21<br>RCF S & C 4 pm<br>GG Pilates 5:15 pm | 22<br>RCF S & C 4 pm<br>GG Yoga 5:15 pm | 23     | 24<br>Gym is open 8a – 5 p | 25<br>Gym Closed for Cleaning      |
| 26<br>GG Yoga 5:15 pm | 27<br>RCF S & C 4 pm | 28<br>RCF S & C 4 pm<br>GG Pilates 5:15 pm | 29<br>RCF S & C 4 pm<br>GG Yoga 5:15 pm | 30     | 31<br>Gym is open 8a – 5 p | April 1<br>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.