



# Fitness Classes for April

2018

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