



Fitness Classes for May

2018

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

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.