



Fitness Classes for June

2018

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