



Fitness Classes for August

2018

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

COACHES

Stay tuned for new Strength and Conditioning Guest Coaches arriving this Fall!

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.