

BF Rec Group Fitness April 2024



1111 National St ~ Belle Fourche ~ www.bellefourcherec.com ~ tessa@bellefourche.org ~ 605-892-2467

Mon	Tue	Wed	Thu	Fri
1 NO Early Bird today! SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	2 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	3 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Kids Yoga 4:15 pm Yoga Foundations 5:30 pm	4 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	5 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
8 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	9 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	10 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Kids Yoga 4:15 pm Yoga Foundations 5:30 pm	11 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	12 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
15 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	16 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	17 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Kids Yoga 4:15 pm Yoga Foundations 5:30 pm	18 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	19 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
22 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	23 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	24 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Kids Yoga 4:15 pm Yoga Foundations 5:30 pm	25 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	26 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
29 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	30 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	 <i>Water Fitness classes will be back when the pool is open again!</i> <i>Stay tuned!</i>		