




GROUP FITNESS CLASSES AUGUST 2021

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

Mon	Tue	Wed	Thu	Fri
2 Early Bird 5:20 am (Body Sculpt) SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	3 SilverSneakers® Yoga 9:00 am Dance Fitness 4:30 pm	4 Early Bird 5:20 am (BOSU®) SilverSneakers® Classic 8:30 am <i>No YOGA Foundations today!</i>	5 SilverSneakers® Yoga 9:00 am Tabata 4:30 pm	6 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
9 Early Bird 5:20 am (Body Sculpt) SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	10 SilverSneakers® Yoga 9:00 am Dance Fitness 4:30 pm	11 Early Bird 5:20 am (BOSU®) SilverSneakers® Classic 8:30 am <i>Yoga Foundations 5:30 pm*</i>	12 SilverSneakers® Yoga 9:00 am Tabata 4:30 pm	13 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
16 Early Bird 5:20 am (Body Sculpt) SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	17 SilverSneakers® Yoga 9:00 am Dance Fitness 4:30 pm	18 Early Bird 5:20 am (BOSU®) SilverSneakers® Classic 8:30 am <i>Yoga Foundations 5:30 pm*</i>	19 SilverSneakers® Yoga 9:00 am Tabata 4:30 pm	20 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
23 Early Bird 5:20 am (Body Sculpt) SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	24 SilverSneakers® Yoga 9:00 am Dance Fitness 4:30 pm	25 Early Bird 5:20 am (BOSU®) SilverSneakers® Classic 8:30 am <i>Yoga Foundations 5:30 pm*</i>	26 SilverSneakers® Yoga 9:00 am Tabata 4:30 pm	27 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
30 Early Bird 5:20 am (Body Sculpt) SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	31 SilverSneakers® Yoga 9:00 am Dance Fitness 4:30 pm	 <p>Yoga Foundations: 3-week session in August (No class August 4th) Members \$15 ~ Nonmembers \$22.50</p>		

DRINK
MORE
WATER

Classes on the calendar use a fitness punch card or single class fee (except Yoga Foundations).

Fitness Card Prices: Senior members \$10/card ~ Senior nonmembers \$20/card

Members \$30/card ~ Nonmembers \$40/card

*10 classes/card (Cards expire in 6-months)

Single classes: Sr Member \$2 ~ Sr NM \$3 ~ Member \$4 ~ Nonmembers \$5

Try any class free!

