BF REC GROUP FITNESS JUNE 2023

1111 National St ~ Belle Fourche ~ 605-892-2467 ~ tessa@bellefourche.org Revised 5/18/23

Mon	Tue	Wed	Thu	Fri
	Join us for the 6th Annual River Run on Friday, June 9th @ 7:00 pm starting at Rail Park-downtown State Street. We will find our way onto to the River Walk and you can stroll, speed walk, jog or run. You choose your distance with routes of 1.9-2.75 miles. $5 Kids/$10 Adults (Add $10 for an event t-shirt). Enjoy the activities of RiverFest all weekend!		1 *No SilverSplash today!* SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm *No Aquafit today!*	2 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 10:30 am
5 Early Bird 5:15 am SilverSneakers® Classic 8:30 & 9:30 am Youth Strength & Cardio 10:30 am Bars & Bells 4:30 pm	6 SilverSplash® 7:00 am SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm Aquafit 5:30 pm	7 Early Bird 5:15 am SilverSneakers® Classic 8:30 & 9:30 am Youth Strength & Cardio 10:30 am Yoga Foundations 5:30 pm	8 SilverSplash® 7:00 am SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm Aquafit 5:30 pm	9 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 10:30 am *River Run 7:00 pm*
12 Early Bird 5:15 am SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	13 SilverSplash® 7:00 am SilverSneakers® Yoga 8:30 am Dance Fitness 4:30 pm Aquafit 5:30 pm	14 Early Bird 5:15 am SilverSneakers® Classic 8:30 am Yoga Foundations 5:30 pm	15 SilverSplash® 7:00 am SilverSneakers® Yoga 8:30 am Tabata 4:30 pm Aquafit 5:30 pm	16 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
19 Early Bird 5:15 am SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	20 SilverSplash® 7:00 am SilverSneakers® Yoga 8:30 am Dance Fitness 4:30 pm Aquafit 5:30 pm	21 Early Bird 5:15 am SilverSneakers® Classic 8:30 am ***No Yoga Foundations today!***	22 SilverSplash® 7:00 am SilverSneakers® Yoga 8:30 am Tabata 4:30 pm Aquafit 5:30 pm	23 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
26 Early Bird 5:15 am SilverSneakers® Classic 8:30 am Bars & Bells 4:30 pm	27 SilverSplash® 7:00 am SilverSneakers® Yoga 8:30 am Dance Fitness 4:30 pm Aquafit 5:30 pm	28 Early Bird 5:15 am SilverSneakers® Classic 8:30 am Yoga Foundations 5:30 pm	29 SilverSplash® 7:00 am SilverSneakers® Yoga 8:30 am Tabata 4:30 pm Aquafit 5:30 pm	30 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am

SilverSneakers® Update: ***Starting June 12*** **we will be offering only 1/class per day throughout June & July.**
All SilverSneakers® classes will be held at 8:30 am Mon-Fri.