



BF Rec Group Fitness May 2024

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

Mon	Tue	Wed	Thu	Fri
Try your first class FREE! SilverSneakers® classes are free to members age 60 and up. Purchase a fitness card (10 classes) or pay for single classes. Senior Members \$20/card or \$3/class Senior Nonmembers \$30/card or \$4/class Members \$40/card or \$5/class Nonmembers \$50/card or \$6/class		1 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm	2 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	3 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
6 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	7 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	8 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm	9 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	10 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
13 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am No Bars & Bells today!	14 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	15 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm	16 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	17 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
20 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	21 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	22 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm	23 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	24 No classes today!
27 Memorial Day CLOSED	28 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm	29 Early Bird 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm	30 SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm	31 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am