



GROUP FITNESS CLASSES OCTOBER 2021

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Mon	Tue	Wed	Thu	Fri
-Fitness classes are first come first served. -Classes limited to 12 participants. -Sign in 30 minutes in advance to reserve your spot. -Try your first class free. -Classes in ORANGE are a separate fee. -Fitness punch cards can be used for all classes in black.				1 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 11:30 am
4 Early Bird 5:20 am (Bars & Bands) SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	5 SilverSneakers® Yoga 8:00 & 9:00 am <i>No Gentle Yoga today!</i> Dance Fitness 4:30 pm Water Fitness 6:00 pm	6 Early Bird 5:20 am (Core Sculpt) SilverSneakers® Classic 8:30 & 9:30 am <i>Kids Dance Fitness 4:15 pm*</i> <i>Yoga Foundations 5:30 pm*</i>	7 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness Silver Style 10:00 am Tabata 4:30 pm Water Fitness 6:00 pm	8 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 11:30 am
11 Early Bird 5:20 am (Bars & Bands) SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	12 SilverSneakers® Yoga 8:00 & 9:00 am <i>Gentle Yoga 10:00 am*</i> Dance Fitness 4:30 pm Water Fitness 6:00 pm	13 Early Bird 5:20 am (Core Sculpt) SilverSneakers® Classic 8:30 & 9:30 am <i>Kids Dance Fitness 4:15 pm*</i> <i>Yoga Foundations 5:30 pm*</i>	14 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness Silver Style 10:00 am Tabata 4:30 pm Water Fitness 6:00 pm	15 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 11:30 am
18 Early Bird 5:20 am (Bars & Bands) SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	19 SilverSneakers® Yoga 8:00 & 9:00 am <i>Gentle Yoga 10:00 am*</i> Dance Fitness 4:30 pm Water Fitness 6:00 pm	20 Early Bird 5:20 am (Core Sculpt) SilverSneakers® Classic 8:30 & 9:30 am <i>Kids Dance Fitness 4:15 pm*</i> <i>Yoga Foundations 5:30 pm*</i>	21 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness Silver Style 10:00 am Tabata 4:30 pm Water Fitness 6:00 pm	22 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 11:30 am
25 Early Bird 5:20 am (Bars & Bands) SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	26 SilverSneakers® Yoga 8:00 & 9:00 am <i>Gentle Yoga 10:00 am*</i> Dance Fitness 4:30 pm Water Fitness 6:00 pm	27 Early Bird 5:20 am (Core Sculpt) SilverSneakers® Classic 8:30 & 9:30 am <i>Kids Dance Fitness 4:15 pm*</i> <i>Yoga Foundations 5:30 pm*</i>	28 SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness Silver Style 10:00 am Tabata 4:30 pm Water Fitness 6:00 pm	29 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am Youth Strength & Cardio 11:30 am
Yoga Foundations (4-week session) Members \$20 ~ Nonmembers \$30 Single classes Members \$7.50 ~ Nonmembers \$10		Night Run! Registration open through Oct 29! Wear bright clothes! We will provide glow bracelets. \$5 Kids (High school & under) ~ \$10 Adults *Add \$10 for event t-shirt.		 Fearless 5k 7:00 pm Herrmann Park Walk, jog, run