



# BF Rec Group Fitness February 2023



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

Mon	Tue	Wed	Thu	Fri	
		<b>1</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Yoga Foundations 5:30 pm	<b>2</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm Aquafit 5:30 pm	<b>3</b> Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am	
	<b>6</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	<b>7</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm Aquafit 5:30 pm	<b>8</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Yoga Foundations 5:30 pm	<b>9</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm Aquafit 5:30 pm	<b>10</b> Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
	<b>13</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	<b>14</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm Aquafit 5:30 pm	<b>15</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Yoga Foundations 5:30 pm	<b>16</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm Aquafit 5:30 pm	<b>17</b> Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
	<b>20</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	<b>21</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm Aquafit 5:30 pm	<b>22</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Yoga Foundations 5:30 pm	<b>23</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Tabata 4:30 pm Aquafit 5:30 pm	<b>24</b> Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
	<b>27</b> Early Bird 5:20 am SilverSneakers® Classic 8:30 & 9:30 am Bars & Bells 4:30 pm	<b>28</b> SilverSplash® 8:00 am SilverSneakers® Yoga 8:00 & 9:00 am Dance Fitness 4:30 pm Aquafit 5:30 pm			

**Try any class for FREE!** Single class pricing available as well as fitness cards (10 classes/card ~ expire 6 months from date of purchase).  
**Senior Members \$20/card (\$3/class) ~ Senior Nonmembers \$30/card (\$4/class)**  
**Members \$40/card (\$5/class) ~ Nonmembers \$50/card (\$6/class)**