



GROUP FITNESS

You don't have to be "FIT" to join a fitness class; we can help you get there!
Pick up a monthly schedule for days/times and additional classes not listed here.

New in 2025!

MEMBERS

Rec Center Membership will INCLUDE fitness classes starting in 2025! This membership perk includes what we call our "Core" in-house classes that are generally on-going and on our schedule regularly.

NONMEMBERS

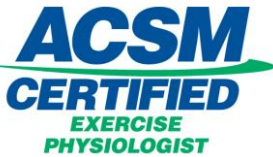
Nonmembers may still try their first class free! A day pass is required to attend after that!

Day passes: Adults \$6 ~ Seniors (62+) \$5 ~ Student (14-18 yrs.) \$4.

This is also a nice perk, as nonmembers can use the rest of the facility in addition to attending a class.

EXTRAS/NEW/OUTSIDE/CONTRACT CLASSES

Please note: We may offer a new class format, a 1-time event, or bring in outside instructors/contractors to hold classes, etc. These would have an additional cost and would not be free for members. Pricing will vary depending on class specifics and will be promoted accordingly.



Set up an appointment with Tessa Anderson-Voyles,
ACSM Exercise Physiologist @ 892.2467 or
tessa@bellefourche.org

Personal Exercise Program-\$30

Weight/Cardio Room Orientations-FREE



Aquafit

A low impact but high intensity water aerobics class where no swimming skills are needed. Class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.



Bars & Bells

Get RIPPED in this class that uses traditional strength training, high reps, eccentric, concentric and isometric lifts. We use 12-18 lb. bars and your choice of 2-10 lb. dumbbells. Class is achievable for the average person and yet can be a challenge to well-conditioned athletes. Expect some delayed on-set muscle soreness from this one!

Body Sculpting

Total body workout that uses step boxes, light dumbbells, and a balance ball. Expect squats, lunges, upper body free weight exercises, ab work, balance challenges, floor work and stretching in this 45-minute class.

BOSU®

BOSU® is an acronym meaning "both sides utilized." It is a functional training tool that works users in all aspects of fitness from cardio to strength building, sports conditioning, flexibility, and balance-the possibilities are endless! Sit, kneel, stand, and lie on this fun dome to mix up your workout routine.





Dance Fitness

This class makes CARDIO FUN! Choreographed dance moves that include the occasional squat and plyo movement. Enjoy some Latin inspired music and tunes to make your workout feel like a dance party!



Early Bird

Instructor's choice total body workouts include cardio, strength, core training and flexibility. Get your workout out of the way and checked off the list before the busyness of your day keeps you from getting it done! Class format changes monthly.

Cardio Kickboxing

Get your heart rate up with this fun no-contact class! A variety of kicks, punches, air jump roping and core work will definitely get you sweating!



Strength & Core

This workout focuses on building total body strength and core stability with a variety of challenging workouts.



Pop Up Classes

Pop up classes are not listed on the monthly schedule. Watch our social media and group fitness board for details. Classes most often pop up on Saturday mornings.

Tabata



HIIT (High intensity interval training). This 45-minute class incorporates a variety of exercises in a work/recovery format. Eight cycles of 20 seconds all out work are followed with 10 seconds of recovery. A challenging workout that you can do at your own level.



YOGA Foundations

Yoga for the fitness environment. Focus on the breath, listen to your body, and be present in the moment while improving your strength, balance, flexibility and endurance. Class is a fit for beginner to intermediate yogis.

Gentle Yoga

Yoga at a slower pace, with less intense positions/holds, and extended time for meditation, breathwork, and relaxation.



SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, elastic tubing, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance and power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Splash

A fun, shallow-water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

SilverSneakers® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.