




Group Fitness January 2025

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



Mon	Tue	Wed	Thu	Fri	
	SUNDAY, JANUARY 5 @ 1:30 PM Herrmann Park Walk/run 3-mile route around town OR choose to walk laps around park. Kids \$5 ~ Adults \$10 (Add \$15 for event shirt)	1 HAPPY NEW YEAR CLOSED	2 SilverSneakers® Yoga 8:00 & 9:00 am AquaFit 8:30 am Tabata 4:30 pm Dance Fitness 5:30 pm	3 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am	
	6 Cardio Kickboxing 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	7 SilverSneakers® Yoga 8:00 & 9:00 am SilverSplash® 8:30 am Dance Fitness 4:30 pm	8 Strength & Core 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm AquaFit 5:30 pm	9 SilverSneakers® Yoga 8:00 & 9:00 am AquaFit 8:30 am Tabata 4:30 pm Dance Fitness 5:30 pm	10 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
	13 Cardio Kickboxing 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	14 SilverSneakers® Yoga 8:00 & 9:00 am SilverSplash® 8:30 am Dance Fitness 4:30 pm	15 Strength & Core 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm AquaFit 5:30 pm	16 SilverSneakers® Yoga 8:00 & 9:00 am AquaFit 8:30 am Tabata 4:30 pm Dance Fitness 5:30 pm	17 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
	20 Cardio Kickboxing 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	21 SilverSneakers® Yoga 8:00 & 9:00 am SilverSplash® 8:30 am Dance Fitness 4:30 pm	22 Strength & Core 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm AquaFit 5:30 pm	23 SilverSneakers® Yoga 8:00 & 9:00 am AquaFit 8:30 am Tabata 4:30 pm Dance Fitness 5:30 pm	24 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am
	27 Cardio Kickboxing 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Bars & Bells 4:30 pm	28 SilverSneakers® Yoga 8:00 & 9:00 am SilverSplash® 8:30 am Dance Fitness 4:30 pm	29 Strength & Core 5:15 am SilverSneakers® Classic 8:00 & 9:00 am Yoga Foundations 5:30 pm AquaFit 5:30 pm	30 SilverSneakers® Yoga 8:00 & 9:00 am AquaFit 8:30 am Tabata 4:30 pm Dance Fitness 5:30 pm	31 Bars & Bells 5:20 am SilverSneakers® Circuit 8:30 am

*****NEW IN 2025*****

Rec Membership includes CORE fitness classes! All classes on the January calendar are FREE for BFRC members.

Not a member? No problem! Try your first class free. Then attend classes with a day pass.

Day pass: Adults \$6 ~ Seniors \$5