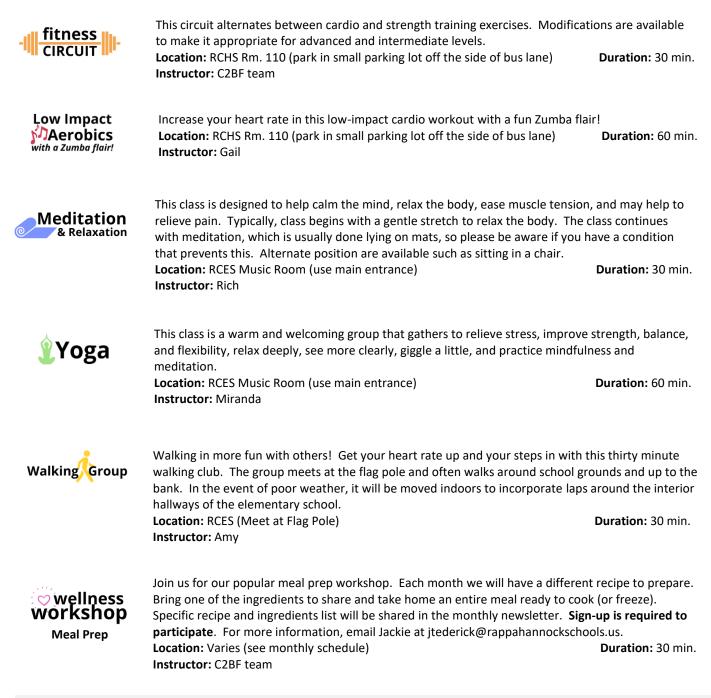


Activities Calendar April 2023

Monday	Tuesday	Wednesday	Thursday
3 Walking Group 3:45 pm- RCES by flagpole	4 3:45 pm- RCES (Music Room) Low Impact Merobics with a Zumba flair!	5 fitness CIRCUIT 3:45 pm- RCHS (Room 110)	6 No Classes/School Closed
10 No Classes/School Closed	5 PM- RCHS (Room 110) 11 3:45 pm- RCES (Music Room)	12 	13 Meditation & Relaxation 3:45 pm- RCES (Music Room)
	Low Impact Aerobics with a Zumba flair! 5 PM- RCHS (Room 110)		Low Impact Aerobics with a Zumba flair! 5 PM- RCHS (Room 110)
17 Walking Group 3:45 pm- RCES by flagpole	18 Yoga 3:45 pm- RCES (Music Room)	19 	20 Meditation & Relaxation 3:45 pm- RCES (Music Room)
	Low Impact Aerobics with a Zumba flair! 5 PM- RCHS (Room 110)		Low Impact MAerobics with a Zumba flair! 5 PM- RCHS (Room 110)
24 Walking Group 3:45 pm- RCES by flagpole	25 Yoga 3:45 pm- RCES (Music Room) wellness	26 	27 & Relaxation 3:45 pm- RCES (Music Room)
5.45 ртт- ксез ву падроје	Workshop Meal Prep 3:45 pm- RCES (ABL Room) Low Impact		Low Impact Aerobics with a Zumba flair! 5 PM- RCHS (Room 110)
	S PM- RCHS (Room 110)		



Class Descriptions & Information



About C2BF Activities- Classes, workshops, and events are offered FREE OF CHARGE for RCPS staff and Rapp community members (18 years and older). Registration is only required for Meal Prep. Drop-in for all other classes and join us! For more information on our activities, c2bf@rappahannockschools.us.

Class Cancellations- While we always try our best to keep to the schedule, sometimes unforeseen cancellations may occur. In the event of a class cancellation, we will post this information on the Commit to Be Fit FB GROUP page. Additionally, we will email our newsletter group. To sign-up for this group, visit our website and register at the bottom of the homepage. Please note that classes are not held when school is not in session for students. When RCPS is closed, releases early, or cancels all afterschool activities, our classes and workshops will not meet.

Follow us on FB & IG: rappc2bf

www.rappc2bf.com

Email: c2bf@rappahannockschools.us