







# FITNESS Drop-in Class Schedule

CR Community Centre

Sportsplex

CR Common

Effective:  
Tues Jan 2 to Mar 31, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP PLUS</b> 6:00-7:00 am	<b>SPIN</b> 6:00-6:45 am	<b>BOOT CAMP PLUS</b> 6:00-7:00 am	<b>SPIN</b> 6:00-6:45 am	<b>BOOT CAMP PLUS</b> 6:00-7:00 am	
	<b>SPIN</b> 7:00-7:45 am		<b>SPIN</b> 7:00-7:45 am		<b>SPIN &amp; CORE</b> 7:45-8:45 am
<b>CIRCUIT FUSION</b> 9:00-10:00 am	<b>HIIT</b> 9:00-10:00 am	<b>TRIPLE SSS!</b> 9:00-10:00 am	<b>ABT's</b> 9:00-10:00 am	<b>PUMP IT UP</b> 9:00-10:00 am	<b>SPIN &amp; CORE</b> 9:00-10:00 am
<b>TOTAL BODY FIT</b> 9:00-10:00 am	 <b>BUSY BEES</b> 8:45-10:15am 	<b>TOTAL BODY FIT</b> 9:00-10:00 am		<b>TOTAL BODY FIT</b> 9:00-10:00 am	 <b>BUSY BEES</b> 8:45-10:15am
<b>BALANCE &amp; STRETCH</b> 10:15-11:00 am		<b>BALANCE &amp; STRETCH</b> 10:15-11:00 am		<b>BALANCE &amp; STRETCH</b> 10:15-11:00 am	
<b>FIT FOR LIFE</b> 10:30-11:30 am	<b>ZUMBA</b> 10:30-11:30 am	<b>FIT FOR LIFE</b> 10:30-11:30 am	<b>ZUMBA</b> 10:30-11:30 am	<b>BELLYFIT</b> 10:30-11:30 am	
<b>FIT FOR HEALTH</b> 10:30-11:30 am (Starts Jan 8)		<b>CHAIR YOGA</b> 10:30-11:30 am (starts Jan 10)	<b>FIT FOR HEALTH</b> 10:30-11:30 am (starts Jan 11)		
<b>SPIN</b> 12:10-12:50 pm	<b>YOGA</b> 12:10-12:50 pm (starts Jan 9)	<b>XFIT</b> 12:10-12:50 pm (starts Jan 10)	<b>YOGA</b> 12:10-12:50 pm	<b>SPIN</b> 12:10-12:50 pm	
<b>SHORT CUT ABS</b> 1:00-1:30 pm	 <b>BUSY BEES</b> 4:45-6:15 pm		 <b>BUSY BEES</b> 4:00-6:00 pm	<b>SHORT CUT ABS</b> 1:00-1:30 pm	
<b>SPORTFIT</b> 5:30-6:30 pm	<b>SPIN</b> 5:15-6:15 pm	<b>CARDIO KICKBOXING</b> 5:00-5:45 pm	<b>20/20/20</b> 5:00-6:00 pm	 <p><b>BUSY BEES</b> Walking—10 years Kids stay busy while parents and caregivers catch up on their fitness!  <b>Tues Jan 9-Feb 13 8:45-10:15 am</b>  <b>Tues Jan 9-Mar 20 4:45-6:15 pm</b>  <b>Thu Jan 11-Mar 22 4:00-6:00 pm</b>  <b>Sat Jan 13-Mar 24 8:45-10:15 am</b>                      WHERE: Sportsplex, Room 1, 2 and Gym                      COST: \$4 Drop-in for one child                      \$6 Drop-in for two or more siblings  <b>No Registration required!</b></p>	
<b>EVENING BOOT CAMP</b> 6:00-7:00 pm	<b>ZUMBA</b> 5:00-6:00 pm	<b>YOGA</b> 6:15-7:15 pm	<b>SPORTFIT</b> 5:30-6:30 pm		
<b>BALANCE &amp; STRETCH</b> 6:30-7:15 pm	<b>ABT'S</b> 6:15-7:15 pm	<b>BALANCE &amp; STRETCH</b> 6:30-7:15 pm	<b>EVENING BOOTCAMP</b> 6:45-7:45		
<b>YOGA</b> 7:15-8:15 pm	<i>Our facilities are fragrance free zones.</i>				

## YOUTH IN THE WEIGHT ROOM

- Youth, ages 12-15, may use the weight room during **Fitness Staff Supervised Weight Room Times** after they provide us with a signed Parental Consent Form\*.
  - Youth, ages 14-15, may use the weight room during unsupervised times, after completing the **Independent Youth Weight Training Course**.
- \* Parental Consent Forms are available at the Sportsplex.

## INDEPENDENT YOUTH WEIGHT TRAINING COURSE 14-15 years

Are you 14 or 15 years old and ready to work out on your own? This course involves two sessions about safe and effective weight training, followed by a written exam. After successful completion of the course, you can work out during unsupervised weight room times.

**Where:** Sportsplex, Weight Room  
**Cost:** \$15 for two 90-minute sessions  
**When:** Dates are flexible

FITNESS STAFF SUPERVISED WEIGHT ROOM TIMES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-8:45 am	5:45-7:45 am	5:45-7:45 am	5:45-7:45 am	5:45-7:45 am
10:45-11:45 am		9-10 am		9-10 am
3-5 pm	3-5 pm	3-5 pm	3-5 pm	
5:30-6:30 pm		5:30-6:30 pm		

## WEIGHT ROOM HOURS:

Monday to Friday 5:45am-9:30pm  
 Saturday & Sunday 9am-4pm

**CLOSED ON STATUTORY HOLIDAYS**

**SPORTSPLEX:** 250-923-7911  
**CR COMMUNITY CENTRE:** 250-286-1161  
[campbellriver.ca/recreationguide](http://campbellriver.ca/recreationguide)

## ABT's (Abs, Buns, Thighs)

Emphasis is on sculpting and toning the abs, buns, thighs and upper body to keep everything balanced. There are no cardio moves or running .

## Balance & Stretch

Focus is on balance and stretching to improve your overall fitness, flexibility and range of motion, improve posture, relieve stress and improve sports performance so you can enjoy your regular activities without fear of falling or injury.

## Bellyfit

This class combines belly dance, African dance, Bollywood and Banghra; Pilates for the core, and Yoga moves that stretch your muscles.

## Boot Camp Plus

Whatever your fitness level, this class will help you build a stronger and fitter body. It is appropriate for all fitness levels.

## Cardio Kickboxing

This head to toe workout includes cardio, strength, core and stretching. Guaranteed to get you working hard and loving it!

## Chair Yoga

Lengthen and strengthen your muscles, reconnect with your breath and relax with meditation, all from the comfort of a chair. *\*Participants must be able to move independently and have the ability to give clear feedback to the instructor.*

## Circuit Fusion

This class combines strength, cardio, core and flexibility training using interval stations and a variety of equipment.

## Evening Boot Camp

Boot Camp incorporates cardio and resistance training with core and flexibility exercises to help you reach your fitness goals.

## Fit For Health (Age 60+)

Offers the option of exercising while seated. Suitable for those who are just starting to exercise or have medical considerations that limit full participation in moderate exercise class.

## Fit for Life

Maximize your independence, reduce health problems and improve your sense of well-being. This class does not have running or jumping.

## HIIT (High Intensity Interval Training)

Blast your entire body for a challenging and rewarding full body workout.

## Pump It Up!

This total body class combines strength training, core and flexibility.

## Short Cut Abs

Take 30 minutes to build a stronger core and back.

## Spin

These classes on spin bikes will get you in shape while protecting your joints from stress that you might experience doing higher Impact exercise.

## Spin & Core

A 45 minute spin class followed by 15 minutes of core work and stretching.

## Sportfit

This challenging workout includes lots of running and a variety of drills to develop coordination, agility, power and strength.

## Total Body Fit

With lots of movement, this class is suitable for all fitness levels.

## Triple SSS

Step, Stabilize and Strengthen with simple routines that work your core and improve your balance.

## XFIT

This head-to-toe workout includes cardio, strength, core and stretching.

## Yoga

Strengthen and lengthen your muscles and take home a lasting sense of tranquility.

## Zumba

This exhilarating, effective, easy to follow, Latin-inspired dance fitness party is moving the world towards joy, health and fitness.

## 20/20/20

In this back-to-basics conditioning class, enjoy 20 minutes of step exercise, 20 minutes of core and 20 minutes of stretching.

## Did you know...?

All our personal trainers are provincially or nationally certified to assist you with all your personal training needs. For more information or to set up an appointment call 250-923-7911.

FITNESS & WEIGHT ROOM PASSES & DROP-IN FEES		
Pass Description	Adult	Student/Youth (16-18 yrs) Senior (60+ yrs)
Drop In	\$7	\$6
10 Visit Pass	\$50	\$37
1 Month Pass	\$55	\$43
3 Month Pass	\$121	\$91
6 Month Pass	\$209	\$157
9 Month Pass	\$269	\$202
1 Year Pass	\$314	\$235

**SOMETIMES CLASSES ARE POSTPONED**

Fitness classes, weight room times and our stretch room availability are sometimes cancelled due to statutory holidays, tournaments, events, instructor illness, power outages or facility maintenance. Cancellations are posted on our Campbell River Recreation Facebook page. You may sign up to be notified of cancellations by email. Call 250-923-7911 to be added to our cancellation alert list.