







CR Community Centre

Sportsplex

CR Common

Effective: Mar 20, to Aug 17, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP PLUS 6:00-7:00 am	SPIN 6:00-6:45 am	BOOT CAMP PLUS 6:00-7:00 am	SPIN 6:00-6:45 am (ends Jun 14)	BOOT CAMP PLUS 6:00-7:00 (ends Jul 27)	
	SPIN 7:00-7:45 am		SPIN 7:00-7:45 am (ends Jun 14)		SPIN & CORE 7:45-8:45 am (ends Jun 16)
CIRCUIT FUSION 9:00-10:00 am (ends Aug 13)	HIIT 9:00-10:00 am (ends Jun 26)	TRIPLE SSS! 9:00-10:00 am (ends Aug 15)	ABT's 9:00-10:00 am (ends Jun 28)	PUMP IT UP 9:00-10:00 am (ends Aug 17)	SPIN & CORE 9:00-10:00 am (ends Jun 16)
TOTAL BODY FIT 9:00-10:00 am	 BUSY BEES 8:45-10:15am	TOTAL BODY FIT 9:00-10:00 am		TOTAL BODY FIT 9:00-10:00 am (ends Jun 15)	 BUSY BEES 8:45-10:15am
BALANCE & STRETCH 10:15-11:00 am	CENTER STRONG 10:15-11:15 (Starts Apr 10) 	BALANCE & STRETCH 10:15-11:00 am		BALANCE & STRETCH 10:15-11:00 am (ends Jun 29)	
FIT FOR LIFE 10:30-11:30 am	ZUMBA 10:30-11:30 am	FIT FOR LIFE 10:30-11:30 am (ends Jun 20)	ZUMBA 10:30-11:30 am (ends Jun 28)	BELLYFIT 10:30-11:30 am (ends May 25)	
FIT FOR HEALTH 10:30-11:30 am		CHAIR YOGA 10:30-11:30 (ends May 23)	FIT FOR HEALTH 10:30-11:30 am (ends Jun 21)		
SPIN 12:10-12:50 pm (ends May 14)	YOGA 12:10-12:50 pm	XFIT 12:10-12:50 3m (ends May 23)	YOGA 12:10-12:50 pm (ends May 24)	SPIN 12:10-12:50 pm (ends May 25)	
SHORT CUT ABS 1:00-1:30 pm (ends May 14)	 BUSY BEES 4:45-6:15 pm		 BUSY BEES 4:00-6:00 pm	SHORT CUT ABS 1:00-1:30 pm (ends May 25)	
SPORTFIT 5:30-6:30 pm	ZUMBA 5:00-6:00 pm (ends May 22)	CARDIO KICKBOXING 5:00-5:45 pm (ends May 23)	20/20/20 5:00-6:00 pm (ends May 24)	 <p>BUSY BEES Walking—10 years Kids stay busy while parents and care givers get fit!</p> <p>Tuesdays Mar 27 to May 29 4:45-6:15 pm Tuesdays Apr 3 to May 22 8:45-10:15 am Thursdays Mar 29 to May 31 4-6 pm Saturdays Apr 7 to May 26 8:45-10:15 am</p> <p>WHERE: Sportsplex, Room 1, 2 and Gym COST: \$4 Drop-In per child Or use your Tot-to-Teen pass! No Registration required!</p>	
SUMMER BOOT CAMP 6:00-7:00 pm (starts Jun 4)			SUMMER BOOT CAMP 6:00-7:00 pm (ends Jul 26)		
BOOT CAMP 6:00-7:00 pm (ends May 21)	SPIN 5:15-6:15 pm (ends Jun 12)	YOGA 6:15-7:15 pm (ends May 23)	SPORTFIT 5:30-6:30 pm (ends May 17)		
BALANCE & STRETCH 6:30-7:15 pm	ABT'S 6:15-7:15 pm (ends May 22)	BALANCE & STRETCH 6:30-7:15 pm (ends May 31)	BOOTCAMP 6:45-7:45 pm (ends May 24)		
YOGA 7:15-8:15 pm (ends May 21)	<p>No classes Mon May 28 and Tues May 29 Mon May 28—Balance & Stretch 6:30-7:15pm—no change</p>				

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
11:15-11:45 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*		

* Free Weight Room Facility Introduction—does not include a training program.

WEIGHT ROOM HOURS:

Monday to Friday 5:45am-9:30pm
Saturday 8:45am-4pm
Sunday 9:00am-4pm

CLOSED ON STATUTORY HOLIDAYS: Mar 30, Apr 2, May 21, Jul 2 & Aug 6

Drop-in fitness classes are free to membership holders. If you don't have a membership, you can drop-in for \$6.67+GST, or \$5.71+GST for Students (12-18 yrs) and Seniors 60+).

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

Incorporates fat melting cardio and muscle building resistance with core and flexibility exercises.

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!

Center Strong

Grow longer and stronger incorporating fundamentals from Yoga and Pilates. Positive uplifting music, group dynamics and great instruction enable you to center your energy, reduce stress, smile and have fun!

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.

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.

FITNESS MEMBERSHIPS AND DROP-IN FEES

Membership Description	Adult	Student/Youth (16-18 yrs) Senior (60+ yrs)
Drop In	\$6.67	\$5.71
10 Visit	\$47.62	\$35.23
1 Month	\$52.38	\$40.95
3 Month	\$115.24	\$86.67
6 Month	\$199.05	\$149.52
9 Month	\$256.19	\$192.38
1 Year	\$299.05	\$223.81

Note: All prices do not include tax.

SOMETIMES CLASSES ARE POSTPONED

Notices will be 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 put on our alert list.

FRAGRANCE FREE ZONES

If you are attending a fitness class, or visiting the weight room, please make sure you are fragrance free.

Save even more with a Group Fitness Membership!

Call the **Sportsplex 250-923-7911** for more info.