

May 5, 2014

Move for Health Day

On May 9th Campbell River Recreation fitness instructors will be joining up with instructors from the Strathcona Regional District to get you moving at Spirit Square. Free fitness classes are going to be held starting at noon until 2pm, and again from 4 to 6 pm.

These activities are all part of Move for Health Day, which is an international event created in 2002 by the World Health Organization to promote physical activity. Events will be held throughout the province and the world to bring people together in a spirit of fun, inclusivity, and support of healthy active living.

We want to get as many people as possible out this year exercising and show how exercise and physical activity are a great way to feel better, gain health benefits and have fun.

Different fitness and activities classes will make up the day. These classes include Circuit Training, Combo TRX Bootcamp and the fun, incredibly popular Zumba.

Staff from the Sportsplex and Strathcona Gardens will be in attendance to answer any questions you have on fitness and healthy lifestyle!

For more information on this event please call the Sportsplex 250-923-7911 or the Community Centre 250-286-1161.

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