


# FITNESS CALENDAR

## September 3 – December 31, 2024

Program will be held in the Sportsplex

Program will be held in the Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 6:45 a.m.		<b>Spin 45</b> Mary		<b>Spin 45</b> Jen		
6 – 7 a.m.	<b>Bootcamp</b> Sarah		<b>Bootcamp</b> Andrea		<b>Bootcamp</b> Sue	
7 – 7:45 a.m.		<b>Spin 45</b> Mary		<b>Spin 45</b> Jen		
8 – 9 a.m.						<b>Spin &amp; Core</b> Sue/Renea
9 – 10 a.m.	<b>Let's Go Circuit!</b> Sue	 <b>Tabata</b> Sarah	 <b>Step 'n Sculpt</b> Sarah	 <b>Cardio Fit</b> Andrea	<b>Pump It Up</b> Ronna Lee	
					<b>Gentle Morning Yoga</b> 9:40 Start Andrea	
10:15 – 11:15 a.m.		<b>Zumba Gold</b> Ronna Lee		<b>Zumba</b> Ronna Lee	<b>Spin and Mobility</b> Sarah	
10:30 – 11:30 a.m.		<b>Balance, Core and Stretch</b> Sarah	<b>Fit for Life</b> Mary	<b>Balance, Core and Stretch</b> Andrea	<p><b>Please Note:</b></p> <p>We are closed on Statutory Holidays.</p> <p>Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.</p>	
		<b>Chair Yoga</b> 10:30 a.m. Start Cindy		<b>Chair Yoga</b> 10:30 a.m. Start Cindy		
10:30 – 11:30 a.m.		<b>Yoga</b> Cindy		<b>Yoga</b> Cindy		
12:05 – 12:50 p.m.	<b>Lunch Spin and Sculpt</b> Ronna Lee		<b>Lunch Spin and Sculpt</b> Cindy		<p><b>Spin Reservations:</b></p> <p>You may pre-book space in any Spin class or Kettle and Spin to guarantee that you will have a bike when you are ready to workout!</p> <p>To reserve your bike online visit <a href="http://campbellriver.ca/registration">campbellriver.ca/registration</a>, or take a chance and drop in.</p>	
1:30 – 3 p.m.	<b>Fit and Social*</b> Mary Class 1:30 – 2:30 Social 2:30 – 3			<b>Fit and Social*</b> Ronna Lee Class 1:30 – 2:30 Social 2:30 – 3		
5:30 – 6:30 p.m.	<b>Sportfit</b> Steve	<b>Power Hour</b> Sue	<b>Kettle and Core</b> Sarah	<b>Sportfit</b> Steve		
6 – 7 p.m.	<b>Power Spin</b> Cindy		<b>Core and Restore Yoga</b> Cindy			

 Need to catch up on your fitness in the weight room or at one of our classes at the Sportsplex? Register for Busy Bees, drop off the kids and get fit!

\*Fit and Social is included with a fitness membership or with an Active Living Membership.

**Please Note:** The fitness holiday schedule will be posted December 1, 2024.

### Need to cancel? No problem.

Registered drop in classes, such as spin and pickleball, must be canceled by 4pm the previous day in order to receive a refund. If cancellation notice is not received in time, no refund will be provided. 10 visit pass holders will have one visit deducted. Monthly/yearly pass holders will have a no-show fee applied to your account.

# CLASS DESCRIPTIONS

## Intensity Level Legend

Level 1: Beginner / Low Intensity

Level 2: Intermediate / Medium Intensity

Level 3: Advanced / High Intensity

### Balance, Core, and Stretch | Intensity Level: 1-2

Discover the perfect harmony of strength, stability, and flexibility. This class is designed to improve your overall physical well-being by focusing on core strength, balance exercises, and targeted stretching to enhance flexibility and mobility. This is a great class to for anyone wanting to increase their flexibility and improve posture and range of motion.

### Boot Camp | Intensity Level: 2-3

Be ready for anything in this high-intensity, early-morning kick-butt class! A variety of incredible instructors will help you improve your cardiovascular endurance and overall strength.

### Cardio Fit | Intensity Level: 2

This high energy fitness class incorporates a variety of fitness skills, focusing on cardio to get your heart rate pumping. Come prepared to sweat, smile, and push your limits in an energized group environment. All levels welcome, and all moves adaptable.

### Chair Yoga | Intensity Level: 1

A chair yoga fitness class provides a safe and accessible way for individuals of all ages and fitness levels to experience the benefits of yoga. In chair yoga, participants perform modified yoga poses while sitting on a chair or using the chair for support. Participants leave feeling relaxed, rejuvenated, and with improved physical and mental well-being. \*Participants must be able to move independently.

### Core and Restore Yoga | Intensity Level: 1

This new all level evening Yoga class will focus on poses to facilitate core strength and ease tense and tired muscles.

### Fit and Social | Intensity Level: 1

Fit & Social is a seated fitness class with exercises accessible to a wide range of individuals. Including older adults, those recovering from injury or surgery, and people with disabilities or chronic conditions. This fitness class offers a supportive environment where individuals can improve their overall fitness and have fun doing it. After the fitness class, stay for a social visit with coffee or tea.

### Fit For Life | Intensity Level: 1

Fit for Life helps get your steps in by leading you through an fun physical obstacle course. Increase your independence and improve your sense of well-being as you walk, step, and maneuver your way around equipment while listening to fun music and socializing with your peers.

### Gentle Morning Yoga | Intensity Level: 1-2

Gentle yoga provides a nurturing and supportive environment for individuals seeking a mindful approach to yoga practice. It encourages self-awareness, stress relief, and holistic health benefits that extend beyond the physical practice on the mat. Bring your own mat or borrow one of ours.

### Kettle and Core | Intensity Level: 2-3

Use kettlebells in ways you never imagined! Kettlebell class is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as “the swing,” “the clean” and “the press” that will work multiple muscle groups.

### Let's Go Circuit! | Intensity Level: 2

Start your week off with this fun social catchup, while getting your daily exercise working through this circuit class. Sweat your way through the gym in a combination of stations focusing on high-energy cardio and strength training.

### Power Hour | Intensity Level: 2-3

Power Hour class can be a fantastic way to boost your fitness goals and energize your evenings. This class condenses a full-body strength workout into a one-hour session, making it efficient for busy schedules. Come check it out and bring a friend.

### Power Spin | Intensity Level: 2-3

In this 60 spin class you can expect challenging, high-intensity training focused on endurance, strength, and recovery intervals. This is a great way to end your day, destress, and get that workout in.

### Pump it Up | Intensity Level: 2

Whether you're aiming to reshape your physique or maintain your strength, Pump It Up offers a rewarding workout experience. Join us to pump up your muscles, boost your strength, and achieve your fitness goals in a supportive and motivating environment!

### Spin 45 | Intensity Level: 2

A challenging, high-intensity stationary bike class focused on endurance, strength, and recovery intervals. You'll improve your fitness while protecting and strengthening your joints.

### Spin and Core | Intensity Level: 2

Get your weekend sweat on! Enjoy this high-intensity workout with 45 on the spin bike, followed by concentrated core work, and a gratifying stretch.

### Spin and Mobility | Intensity Level: 1-2

This spin class blends high-energy indoor cycling with exercises targeting mobility and balance. With 30 minutes of interval spin training, followed by a full body extended stretch for those hard working muscles on and off the bike. It's a great class to start your spin journey on.

### Lunch Spin and Sculpt | Intensity Level: 1-2

This invigorating spin and sculpt class is designed for busy professionals and perfect for fitting into a lunch break. This class is a mix of exercises on and off the spin bike, providing a high-intensity cardiovascular workout in a short, efficient time frame. It helps improve fitness, reduce stress, and boost energy levels for the rest of your day.

### Sportfit | Intensity Level: 2

Get ready to lace up your sneakers and hit the ground running in our Sportfit running Class! Whether you're a seasoned marathoner or a beginner looking to improve your endurance, this class is designed to elevate your running performance and overall fitness. Runners of all levels and abilities welcome.

### Step 'n Sculpt | Intensity Level: 2

Try out this fun cardio step n' sculpt class! Move through simple choreography on the stepper with strength intervals to sculpt those muscles using a variety of equipment. This class can be adapted for all fitness levels.

### Tabata | Intensity Level: 2

Get a profitable workout in a short amount of time with this Tabata HIIT workout. Get your heart rate up while building strength through quick sets of hard work followed by recovery. Suitable and adaptable for all fitness levels.

### Yoga | Intensity Level: 1-2

Whether you're new to yoga or have been practicing for years, each class provides an opportunity to deepen your connection to mind, body, and breath, fostering a sense of peace and vitality. Yoga, offers numerous benefits, including improved flexibility, strength, and balance. It promotes stress relief, relaxation, and mental clarity.

### Zumba | Intensity Level: 1-2

Don't miss out on the chance to shimmy, shake, and sweat it out in our Zumba Fitness Class. Join us for an hour of pure energy where the workout feels like a party and every beat brings you closer to your fitness goals!

### Zumba Gold | Intensity Level: 1

Zumba GOLD is a great way to get your body moving and get introduced to the steps and rhythms of Zumba. Dance off those calories with a mix of low and high-intensity moves with your friends, and enjoy the music.

## Spin Reservations

You may pre-book space in any Spin class to guarantee that you will have a bike.

To reserve your bike online visit

[campbellriver.ca/registration](http://campbellriver.ca/registration), or take a chance

and drop in. **Pre-registered drop in sessions**

**must be cancelled by 4 p.m. the day prior in**

**order to avoid a penalty.** If the cancellation occurs due to an illness please contact us directly for more information.

To cancel, please call 250-923-7911, 250-286-1161 or email [recandculture@campbellriver.ca](mailto:recandculture@campbellriver.ca)