

# DROP IN FITNESS CLASSES

## **ABTS**

Abdominals, buns, thighs, strength and stretch.

## **BOOT CAMP PLUS**

A fun, motivating class that will kick your butt and get you up and moving in the right direction. Appropriate for all levels.

## **CARDIO KICKBOXING**

Here's a class that'll kick start your day!

## **CARDIO BODY SCULPT**

Muscle toning and cardio.

## **CARDIO EXPRESS**

One of the greatest workouts you'll ever get.

## **FIT FOR LIFE**

A fun, simple and easy program. No running or jumping.

## **LETS GO!**

High-energy, fun class using a variety of athletic drills, circuits and intervals.

## **LUNCH TIME YOGA**

Take time out of your busy day to tone muscles and lower stress.

## **SPORTFIT**

Challenging workout! 35 minute run plus floor work and stretch.

## **STRETCH**

Whether you work out in the weight room or go to a fitness class.

Complete your workout with 30 minutes of stretching.

## **TOTAL BODY SCULPT**

Head to toe workout! Interval training with cardio and strength and conditioning training.

## **X FIT**

Everything you ever wanted in a fitness class; cardio, strength, core and stretch.

## **ZUMBA**

Are you ready party yourself into shape?

## **ZUMBA GOLD**

Zumba Gold is modified for the beginner participant of any age!

# ADMISSION RATES

Adult	Student (16-18 yrs)	Seniors (60+ yrs)
Drop-In	\$ 7.00	\$ 6.00
10 Visit Pass	\$ 50.00	\$ 37.00
1 Month Pass	\$ 55.00	\$ 43.00
3 Month Pass	\$121.00	\$ 91.00
6 Month Pass	\$209.00	\$155.00
9 Month Pass	\$269.00	\$197.00
1 Year Pass	\$314.00	\$229.00



# CHILDMINDING

We offer morning and evening childminding for parents who are participating in fitness, weight room or racquet courts.

One Year and up

## **Sportsplex**

Morning Child Minding:

Tues-Thurs January 3-June 1, 2012 8:45-10:15am

Evening Child Minding:

Mon & Thurs January 3-June 1, 2012 5:30-7:15pm

Fees: \$2.50/hr per child



Check out Facebook for up to date  
information on fitness programs and events.  
[www.facebook.com/campbellriverrec](http://www.facebook.com/campbellriverrec)

For more information call the Sportsplex 250-923-7911  
or the Community Centre 250-286-1161

[WWW.CAMPBELLRIVER.CA](http://WWW.CAMPBELLRIVER.CA)

# 2012 WINTER SPRING

starts January 3rd

## Drop-in Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
<b>DOORS OPEN AT 6AM MONDAY-FRIDAY</b>						<b>WEIGHT ROOM HOURS 9AM-4PM</b>  <b>ALL CLASSES AT THE SPORTSPLEX EXCEPT WHERE NOTED</b>
6-7:45am	Weight Room Supervision	Weight Room Supervision	Weight Room Supervision	Weight Room Supervision	Weight Room Supervision	
6:15-7:15am	Boot Camp Plus		Boot Camp Plus		Boot Camp Plus	
9-10am	Let's Go ----- Weight Room Supervision 9-10am ----- Stretch Class 10:15-10:45am	Cardio Kickboxing	Cardio Body Sculpt	Cardio Express	Total Body Sculpt Plus ----- Weight Room Supervision 9-10am ----- Stretch Class 10:15-10:45am	
10:30-11:30am	Fit For Life	Zumba	Fit for Life	Zumba	Zumba Gold	
12:10 To 12:50pm	<b>Zumba Community Centre</b>	<b>Yoga Community Centre Starts Jan 17th</b>	<b>X Fit Community Centre</b>	<b>Yoga Community Centre Starts Jan 19th</b>	<b>Kick Boxing Community Centre</b>	
3-5pm	Weight Room Supervision	Weight Room Supervision	Weight Room Supervision	Weight Room Supervision		
5-5:45pm	X Fit		X Fit			
5:45-7pm	Sportfit			Sportfit		
6-7pm	Zumba					
6:15-7:15pm		ABT'S				
7:15-8:15pm				ABT'S		
6:30-8:30pm	Weight Room Supervision		Weight Room Supervision			
<b>WEIGHT ROOM CLOSSES AT 10PM-MONDAY-FRIDAY</b>						

*"JUMP" into fitness  
with  
Campbell River  
Recreation & Culture!*



All drop in fitness classes are included in your monthly pass, 10 visit pass or pay drop in!