

January 8, 2015

New and free! Take a seat and work it out with active seniors partnership

Grab a chair, and get a workout at the same time! A new, free, chair-based fitness class for older adults is now available at Campbell River Common.

The free classes will run Mondays and Thursdays from 10:30 to 11:30 a.m. starting on Jan. 12, for seniors 60 years or older. The classes take place in the centre court at Campbell River Common.

“The City of Campbell River, the Campbell River Seniors Centre and Campbell River Common have worked together to offer this opportunity for people with physical or mobility challenges,” says Mayor Andy Adams. *“With the new seniors centre at Campbell River Common conveniently located near several seniors housing complexes, participants can socialize, have lunch and join in one of the many activities on offer after they take in this fitness class.”*

“This fitness class is a good example of collaboration between two groups the City and CRSCS. Thanks to our shared goals, this class is expected to increase activity and socialization opportunities for seniors in our community,” says Helen Whitaker, president of the Campbell River Seniors Centre Society

“This program is based on the popularity of a trial chair-fitness class offered at the Sportsplex in 2014, funded through an age-friendly grant from the Union of British Columbia Municipalities,” adds Ross Milnthorp, the City of Campbell River’s general manager of parks, recreation and culture.

For more information, please telephone Mary Fast or Linda Nagle at the Sportsplex (250-923-7911).

###

Contact: Linda Nagle, Program Coordinator 250-923-7911