



June 26, 2020

Expanding fitness opportunities – City now offering outdoor fitness classes

The City of Campbell River's recreation department is now offering outdoor fitness classes. Classes are held outdoors, with limited access and new safety measures, to reduce the risk of spreading COVID-19.

"In line with the Province's restart plan, and as part of gradually, carefully re-opening facilities and resuming services where it's safe to do so, we're looking forward to seeing people in person again for fitness classes," says City of Campbell River fitness supervisor Mary Fast.

People interested in participating must book a space in advance.

Coming up next week:

- 9 a.m. Tuesday, June 30 – ABTS Class
- 9 a.m. Thursday, July 2 – Pump It Up

Find more information and register at campbellriver.ca/online-registration

The City opened limited access to the Sportsplex weight room earlier this month. The outdoor fitness classes complement weight room access, and build on the popularity of online classes established when facilities were closed due to the COVID-19 pandemic. The City also continues to offer online classes.

"We know that keeping healthy is important generally, and especially as people cope with all the changes in our lives right now," Fast adds. *"We're welcoming people back to classes structured around guidelines and recommendations from provincial authorities, including the BC Recreation and Parks Association and Work Safe BC."*

Questions? Please send email to mary.fast@campbellriver.ca.

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