



April 5, 2020

Stay fit, stay connected – Join City recreation programs online

While COVID-19 is keeping you away from Campbell River’s recreation centres, we’re working to help keep you healthy, with free online fitness programs. Join from your living room, your basement, your deck, or wherever you work out at home.

Starting Monday, April 6 at 9 a.m. people can tune in online and participate in a 30-minute workout with City of Campbell River Recreation Department fitness staff.

Enjoy the classes you would normally attend, or try something new, including Latin dance, yoga, balance and stretch and HIIT.

“The fitness staff really miss all the regular participants, and since you can’t come to us right now, we’re bringing classes to you,” said fitness supervisor Mary Fast. *“The Provincial Health officer, Dr. Bonnie Henry, is encouraging people to continue to exercise during these difficult times, and we’re here to help you stay as healthy as possible.”*

New classes will premiere each week on Monday, Wednesday and Friday at 9 a.m. and will remain available through the City’s YouTube channel.

When the risk of spreading COVID-19 forced the City to close facilities, the recreation team moved quickly to plan for connecting with people online because physical activity reduces stress, helps relieve anxiety and increases resiliency, all essential during this public health crisis.

“We recognize the importance of physical activity in our daily lives and are delighted to be able to make this opportunity available to our residents,” said Mayor Andy Adams *“We know it can be difficult to stay motivated and healthy during these challenging times. This gives residents the chance to exercise in a safe and socially-responsible manner.”*

Find the link to online fitness classes on the City website at www.campbellriver.ca and on the Recreation Department’s Facebook page [Campbellriverrec](https://www.facebook.com/Campbellriverrec).

For more information on the classes, please email mary.fast@campbellriver.ca.

Stay tuned for more videos from the Recreation and Culture Department on a variety of other programs, including activities and classes for preschoolers, children, adults and specialized recreation programs.

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