



July 15, 2020

Campbell River continuing to expand fitness opportunities

Interested in increasing your outdoor activity and re-connecting with others to play sports?

The City of Campbell River is expanding outdoor fitness classes and gearing up to start booking parks and fields for sports groups.

“Outdoor fitness classes are proving to be popular,” says Mary Fast, fitness supervisor with the City’s Recreation Department. *“The first two weeks were quickly filled, to the point where we had wait lists.”*

Council made the decision to increase service levels so the City can offer more classes to help meet the growing demand from the fitness community. Currently, the City is offering six classes per week, Monday through Thursday. All classes are built on provincial recommendations for safety measures to reduce the spread of COVID-19.

“People are participating both for the great, full-body workout and to re-establish a sense of personal connection with others,” Fast notes.

Outdoor fitness class participant feedback included:

- *“So good to be back and being able to talk to people. Socialization – even at a distance – is so important.”* – Dianne
- *“This is a great stress relief in uncertain times. You feel better about yourself after the class.”* – Melody
- *“It was so awesome to lie on a mat, stretch in the sunshine and look at the clouds float by. I’ll be back next week!”* – Rachael

The City is also preparing to book use of parks and fields. The Campbell River Tennis Club has booked their first court dates for Thursday, July 16.

Find more information, and register for a spot in the Sportsplex weight room or fitness classes at campbellriver.ca/online-registration.

To book a field, please send a request via email to outdoorbooking@campbellriver.ca

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