

# PROGRAM DESCRIPTIONS

## Fitness Classes

### Intensity Level Legend

**Level 1:** Beginner / Low Intensity

**Level 2:** Intermediate / Medium Intensity

**Level 3:** Advanced / High Intensity

### Boot Camp | Intensity Level: 3

Be ready for anything in this high-intensity, early-morning kick-butt class! Incredible instructors will help you improve your cardiovascular endurance and overall strength.

### Cardio Fit | Intensity Level: 2

Cardio Fit is a new fitness class focusing on cardio while still working your muscles. You'll never have the same class twice.

### Chair Yoga | Intensity Level: 1

Increase the length and strength of your muscle fibres, reconnect with your breath, and relax with meditation all from the comfort of a chair. Participants must be able to move independently.

### Fit and Social | Intensity Level: 1

This class is suitable for those who are just starting out or have medical considerations that limit full participation in exercise classes. The class can be done seated or standing. After class, stay for social time with coffee and tea.

### Kettle and Spin | Intensity Level: 2-3

Get ready to build lean muscle, learn proper lifting technique and get sweaty in this innovative kettlebell class. Finish the class with a 30 minute bonus cardio pump on the spin bike.

### Let's Go! | Intensity Level: 2

Start your week off strong with the Let's Go! circuit class; a high-energy cardio and strength workout.

### Power Hour | Intensity Level: 2-3

Skip the weight room and get it all done in class. Power Hour is a workout designed to strengthen and train your muscles.

### Pump it Up! | Intensity Level: 2

Pump it Up is a full-body workout using weights, bars, resistance bands, medicine balls, and body weight exercises to create compound and isolation exercises to get you lean, toned, and fit.

### Spin 45 | Intensity Level: 2-3

Spin 45 is a challenging, high-intensity class focused on endurance, strength, and recovery intervals. You will improve your fitness while protecting and strengthening your joints.

### Spin and Core | Intensity Level: 2-3

This is a high-intensity spin workout that will get you in shape, followed by some concentrated core work and a well needed stretch.

### Spin and Strength | Intensity Level: 2-3

Complete High Intensity Interval Training (HIIT) on the spin bike, and then hop off and get your strength training done with weights or body weight.

### Spin and Stretch | Intensity Level: 2

30 minutes of interval spin training followed by a full body extended stretch for those hard working muscles on and off the bike.

### Step and Kettle | Intensity Level: 2-3

Simple choreography on the step, with strength intervals using a kettlebell. You will experience a mixture of high and low intensity throughout the session.

### Tabata | Intensity Level: 2-3

Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. Get your heart rate up, work on your strength and get a great full-body workout.

### Yoga | Intensity Level: 1

Yoga is a mind and body practice combining physical postures, breathing techniques and meditation. Reduce stress and anxiety and improve flexibility to enhance your overall well-being.

### Zumba | Intensity Level: 2

Get ready to whoop and holler while shaking it to fun tunes! Dance off those calories with a mix of low and high-intensity moves.



# FITNESS CALENDAR

## June 2024

Program will be held in the Sportsplex

Program will be held in the Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 a.m.	<b>Bootcamp</b> Sarah	<b>Spin 45</b> Jen	<b>Bootcamp</b> Mary	<b>Spin 45</b> Mary	<b>Bootcamp</b> Mary
9 – 10 a.m.	<b>Let's Go Circuit!</b> Sarah	<b>Tabata*</b> Sarah	<b>Step and Kettle*</b> Sarah	<b>Cardio Fit*</b> Jen	<b>Pump It Up</b> Ronna Lee
10:15 – 11:15 a.m.		<b>Zumba</b> Ronna Lee		<b>Zumba</b> Ronna Lee	<b>Spin and Stretch</b> Sarah
10:30 – 11:30 a.m.		<b>Chair Yoga</b> Cindy		<b>Chair Yoga</b> Cindy	
Noon to 1 p.m.		<b>Yoga</b> Cindy		<b>Yoga</b> Cindy	
1 – 3 p.m.	<b>Fit and Social**</b> Mary Class 1 – 2 p.m. Social 2 – 3 p.m.			<b>Fit and Social**</b> Mary Class 1 – 2 p.m. Social 2 – 3 p.m.	
5:30 – 6:45 p.m.	<b>Spin and Core</b> Cindy	<b>Power Hour</b> Mary Class ends at 6:30 p.m.	<b>Yoga</b> Cindy Class ends at 6:30 p.m.	<b>Kettle and Spin</b> Sarah	

\*Need to catch up on your fitness in the weight room or at one of our classes at the Sportsplex? Register for Busy Bees, drop off the kids and get fit!

\*\*Fit and Social is included with a fitness membership or with an Active Living Membership.

## July to August 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 a.m.	<b>Bootcamp</b> Sarah	<b>Spin 45</b> Jen	<b>Bootcamp</b> Mary	<b>Spin 45</b> Mary	
9 – 10 a.m.	<b>Let's Go Circuit</b> Sarah		<b>Step and Kettle</b> Sarah		<b>Pump It Up</b> Ronna Lee
5:30 – 6:30 p.m.		<b>FREE Yoga in the Park*</b> Ostler Park		<b>FREE Yoga in the Park*</b> Ostler Park	
5:30 – 6:45 p.m.	<b>Spin and Core</b> Cindy		<b>Yoga</b> Cindy Class ends at 6:30 p.m.	<b>Kettle and Spin</b> Sarah Last class Aug 8	

\*FREE Yoga in the Park runs from July 2 to Aug 22, 2024

MORE INFO	MORE INFO
<p><b>Spin Reservations</b></p> <p>You may pre-book space in any Spin class or Kettle and Spin to guarantee that you will have a bike when you are ready to workout! To reserve your bike online visit <a href="http://campbellriver.ca/registration">campbellriver.ca/registration</a>, or take a chance and drop in.</p>	<p><b>Please Note</b></p> <p>We are closed on Statutory Holidays.</p> <p>Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.</p>

### Cancellation Policy

- When 72 hours cancellation notice is given for registered programs, a refund will be granted and no withdraw fee will be charged
- When less than 72 hours notice is given for registered programs, there will be no refund granted
- Pre-registered drop in sessions must be cancelled by **4 p.m.** the day prior in order to avoid a penalty

- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
- If the cancellation occurs due to a medical condition please contact us directly for more information
- To cancel, please call 250-923-7911, 250-286-1161 or email [recandculture@campbellriver.ca](mailto:recandculture@campbellriver.ca)