

FITNESS CALENDAR

June 1 – 28, 2025

Program will be held in the Sportsplex

📍 Program will be held in the Community Centre

📍 Program will be held **offsite** in Robert Ostler Park

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7 a.m.	Bootcamp Sarah	Spin 45 Mary	Bootcamp Sarah F.	Spin 45 Jen	Bootcamp Sarah F.	
8 – 9 a.m.						Spin And Core Renea
9 – 10 a.m.	Let's Go Circuit! Sarah	🏃 Tabata Sarah	🏃 Step 'N' Sculpt Sarah	🏃 Cardio Fit Sarah F.	Pump It Up Ronna Lee	
10:15 – 11:15 a.m.					Spin And Mobility Sarah F.	
10:30 – 11:30 a.m.		Balance, Core And Stretch Sarah		Balance, Core And Stretch Sarah F.	Please Note: We are closed on Statutory Holidays. Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information. Instructors for classes may change from time to time due to availability.	
		📍 Chair Yoga Lena		📍 Chair Yoga Travis		
Noon – 1 p.m.		📍 Yoga Lena		📍 Yoga Lena	Spin Reservations: You may pre-book space in any Spin class to guarantee that you will have a bike when you are ready to workout! To reserve your bike online visit campbellriver.ca/registration , or take a chance and drop in.	
1:30 – 3 p.m. C = Class S = Social	📍 *Fit And Social Mary C: 1:30 – 2:30 p.m. S: 2:30 – 3 p.m.			📍 *Fit And Social Mary C: 1:30 – 2:30 p.m. S: 2:30 – 3 p.m.		
**5 – 7 p.m.	**5 - 6 p.m. Spin Yoga Fusion		**6 - 7 p.m. Gentle Yoga/Travis			
5:30 – 6:30 p.m.		Power Hour Jen	Kettle And Core 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!

***Please Note:** Fit And Social is included with a fitness membership or with an Active Living Membership.

June 30 – August, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 a.m.	Bootcamp Sarah	Spin 45 Jen	Bootcamp Sarah F.	Spin 45 Sarah F.	
9 – 10 a.m.	Let's Go Circuit! Sarah	Tabata Sarah	Step 'N' Sculpt Sarah	Cardio Fit Sarah F.	Pump It Up Sarah
5 – 6 p.m.	Spin Yoga Fusion Instructor TBA	📍 *Free Yoga In The Park 5:30 – 6:30 p.m.	Gentle Yoga Instructor TBA		

***Please Note:** Free Yoga In The Park runs from July 8 – Aug 26, 2025 (No session July 22 and Aug 5).

Please Note: No Programs on July 1 and Aug 4, 2025.

Need to cancel? No problem.

Registered drop in classes, such as spin and pickleball, must be canceled by 4 p.m. the previous day in order to receive a refund. If cancellation notice is not received in time, no refund will be provided. 10 visit pass holders will have one visit deducted. Monthly/yearly pass holders will have a no-show fee applied to your account.