

FITNESS CALENDAR

September 2 – December 31, 2025

Program will be held in the Sportsplex

📍 Program will be held in the Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7 a.m.	Bootcamp Sarah	Spin 45 Jen	Bootcamp Sarah F.	Spin 45 Mary	Bootcamp Sue	
7 – 7:45 a.m.		Spin 45 Jen		Spin 45 Mary		
8 – 9 a.m.						Spin And Core Sue/Renea
9 – 10 a.m.	Let's Go Circuit! Sue	🕒 Tabata Sarah	Step 'N' Sculpt Sarah	🕒 Heart Smart ♥ Sarah F.	Pump It Up Ronna Lee	
10:15 – 11:15 a.m.		Zumba And Pump Ronna Lee		Zumba Ronna Lee	Spin And Mobility Sarah F.	
10:30 – 11:30 a.m.	Balance, Core And Stretch Sarah		Balance, Core And Stretch Sarah F.		Weight Room Hours 6 a.m. – 9 p.m. Office Hours 8 a.m. – 9 p.m. Early Morning Access Between 6 – 8 a.m., access is limited to members or cash drop-ins (no card payments available during this time).	
10:30 – 11:30 a.m.		📍 *Yoga Laurel	Forever Fit Circuit Mary	📍 *Yoga Lena		
Noon – 1 p.m.	Pedal And Pump Ronna Lee		Pedal And Pump TBA			
12:15 – 1:15 p.m.		📍 *Chair Yoga Laurel		📍 *Chair Yoga Lena	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 to time due to availability.	
2 – 3 p.m. C = Class S = Social	📍 *Fit And Social Skylar C: 2 – 3 p.m. S: 3 – 3:30 p.m.			📍 *Fit And Social Mary C: 2 – 3 p.m. S: 3 – 3:30 p.m.		
TBA Call Strathcona Gardens to register (250-830-6777)		Take A Walk With Us TBA Mid Sept – Mid Dec Location: Strathcona Gardens		Take A Walk With Us TBA Mid Sept – Mid Dec Location: Strathcona Gardens	Spin Reservations: 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 campbellriver.ca/registration , or take a chance and drop in.	
5:30 – 6:30 p.m.	SportFit Steve	Power Hour Sue	Kettle And Core Sarah	SportFit Steve		
6 – 7 p.m.	Pedal Power Mary		Flow Yoga Lena/Laurel			

🐝 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. Yoga and Chair Yoga have a new time!

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.