


Fitness Calendar

January 2 – May 31, 2026

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	
New Time						
8 – 8:45 a.m.			Spin 45 Jen			
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.		<div style="border: 2px solid yellow; padding: 5px;"> <p>Weight Room Hours Mon - Fri 6 a.m. – 9 p.m. Sat/Sun 7:45 a.m. – 4 p.m.</p> <p>Office Hours Mon - Fri 8 a.m. – 9 p.m. Sat/Sun 9 a.m. – 4 p.m.</p> <p>Early Morning Access Prior to office hours, access is limited to members or cash drop-ins (no card payments available during this time).</p> </div>	
10:30 – 11:30 a.m.		 Chair Yoga Laurel	Forever Fit Circuit Mary	 Chair Yoga Lena		
Noon – 1 p.m.	Pedal and Pump! Ronna Lee		Pedal and Pump! Denise			
12:15 – 1:15 p.m.		 Gentle Yoga Laurel		 Gentle Yoga Lena		
2 – 3 p.m. C = Class S = Social	 Fit and Social Ronna Lee 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.		
3:45 – 4:45 p.m. Call Strathcona Gardens to register (250-830-6777)		Take a Walk With Us Jan 6 – Mar 17 3:45 – 4:45 p.m.		Take a Walk With Us Jan 8 – Mar 19 3:45 – 4:45 p.m.	<p>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.</p> <p>Instructors for classes may change from to time due to availability.</p>	
5:30 – 6:30 p.m.	SportFit Steve	Power Hour Sue	Kettle and Core Sarah	SportFit Steve	<p>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!</p> <p>To reserve your bike online visit campbellriver.ca/registration, or take a chance and drop in.</p>	
6 – 7 p.m.	Pedal Power Mary		Slow Flow Yoga Laurel/Lena			

 **Need to catch up on your fitness?** Register for Busy Bees, drop off the kids and get fit at one of our classes at the Sportsplex! See page 19 and 20 for more details.

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.