

Fitness Calendars

June 1 – 30, 2026

Program will be held in the Sportsplex

📍 Program will be held in the Community Centre

Updated May 29, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 7 a.m.	Bootcamp Sarah N.	Spin 45 Jen	Boot-Spin Paul	Spin 45 Paul		
8:30 – 9:30 a.m.						Spin and Core Sarah F
9 – 10 a.m.	Let's Go Circuit! Sarah N.	🐝 Tabata Sarah N.	🐝 Step 'n' Sculpt Sarah N.	🐝 Heart Smart ♥ Paul	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 N.		Balance, Core and Stretch Ronna-Lee		<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>	
10:30 – 11:30 a.m. (Community Centre)		📍 Chair Yoga Laurel		📍 Chair Yoga Lena		
12:15 – 1:15 p.m. (Community Centre)		📍 Gentle Yoga Laurel		📍 Gentle Yoga Lena		
5:30 – 6:30 p.m.	Pedal Power Spin Paul	Power Hour Sarah F	Kettle and Core Sarah N.			

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Mon – Fri | 6 a.m. – 9 p.m.
Sat/Sun | 7:45 a.m. – 4 p.m.

Office Hours
Mon – Fri | 8 a.m. – 9 p.m.
Sat/Sun | 9 a.m. – 4 p.m.

Early Morning Access
Prior to office hours, access is limited to members or cash drop-ins (no card payments available during this 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.

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.

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.

🐝 **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 39 and 40 for more details.

July – August, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 – 7 a.m.	Bootcamp Sarah N.	Spin 45 Jen	Bootcamp Sarah F.	Spin 45 Sarah F.	
9 – 10 a.m.	Let's Go Circuit! Sarah N.	Tabata Sarah N.	Step 'N' Sculpt Sarah N.	Heart Smart ♥ Sarah F.	Pump It Up! Sarah F.
5:30 – 6:30 p.m.				*Free Yoga In The Park 5:30 – 6:30 p.m. (Robert Ostler Park)	

Stay informed! No Programs on July 1 and Aug 4, 2025.

***Please Note:** Free Yoga in the Park runs from July 9 – Aug 20, 2026.

Fitness Program Descriptions

Fitness Classes

Intensity Level Legend

Level 1: Beginner / Low Intensity

Level 2: Intermediate / Medium Intensity

Level 3: Advanced / High Intensity

Balance, Core, and Stretch | Intensity Level: 1-2

Discover the perfect harmony of strength, stability, and flexibility in our Balance, Core, and Stretch Class. This class is designed to improve your overall physical well-being by focusing on core strength, balance exercises, and targeted stretching to enhance flexibility and mobility. This is a great class for anyone wanting to increase their flexibility and improve posture and range of motion.

Boot Camp | Intensity Level: 2-3

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

Boot-Spin | Intensity Level: 2-3

It's the best of both worlds in this high-energy, 60-minute class featuring 25 minutes of off-bike strength training- boot camp style. Plus 25 minutes of Spin to flush out your muscles. Finish it all off with a well needed 10-minute stretch to boost your recovery and leave you feeling balanced. Try out this great new combo!

Chair Yoga | Intensity Level: 1-2

A chair yoga fitness class provides a safe and accessible way for individuals of all ages and fitness levels to experience the benefits of yoga. In chair yoga, participants perform modified yoga poses while sitting on a chair or using the chair for support. Participants leave feeling relaxed, rejuvenated, and with improved physical and mental well-being.

Please Note: Participants must be able to move independently.

Gentle Yoga | Intensity Level: 1-2

Take a mindful break in the middle of your day with this calming and refreshing gentle yoga class. Designed to release tension, improve posture, and restore energy, this session offers soothing stretches and mindful breathing to help you reset and recharge for the rest of your day. With an emphasis on relaxation and ease, Gentle Yoga is suitable for all levels.

Heart Smart ♥ | Intensity Level: 2

This high energy fitness class incorporates a variety of fitness moves focusing on cardio to get your heartrate pumping. Come prepared to sweat, smile, and push your limits in an energized group environment. All levels welcome, and all moves adaptable.

Kettle and Core | Intensity Level: 2-3

Use kettlebells in ways you never imagined! Kettlebell class is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as 'the swing', 'the clean' and 'the press' that will work multiple muscle groups.



Let's Go Circuit! | Intensity Level: 1-3

Start your week off with this fun social catchup, while getting your daily exercise checked off the list through this circuit class. Sweat your way through the gym in a combination of stations focusing on high-energy cardio and strength training.

Pedal Power Spin | Intensity Level: 2-3

In this spin class you can expect challenging, high-intensity training focused on endurance, strength, recovery intervals, and often some core work too. This is a great way to end your day, destress, and get that workout in.

Power Hour | Intensity Level: 2-3

Power Hour class can be a fantastic way to boost your fitness goals and energize your evenings. This Power Hour class condenses a full-body strength workout into a one-hour session, making it efficient for busy schedules. Come check it out and bring a friend.

Pump It Up! | Intensity Level: 2

Whether you're aiming to reshape your physique or maintain your strength, our Pump It Up! fitness class offers a rewarding workout experience. Join us to pump up your muscles, boost your strength, and achieve your fitness goals in a supportive and motivating environment!

Fitness Program Descriptions

Spin 45 | Intensity Level: 2-3

Spin 45 is a challenging, high-intensity stationary bike class focused on endurance, strength, and recovery intervals. You'll improve your fitness while protecting and strengthening your joints. What a fantastic way to start your day!

Spin and Core | Intensity Level: 1-3

Get your weekend sweat on! Enjoy this high-intensity workout with 45 minutes on the spin bike, followed by concentrated core work, and a gratifying stretch.

Spin and Mobility | Intensity Level: 1-2

This spin class blends high-energy indoor cycling with exercises targeting mobility and balance. With 30 minutes of interval spin training, followed by a full body extended stretch for those hard working muscles on and off the bike. This class books up, so reserve your bike early.

Tabata | Intensity Level: 2

Get an outstanding workout in a short amount of time with this Tabata HIIT workout. Get your heart rate up while building strength through quick sets of hard work followed by recovery. Suitable and adaptable for all fitness levels. Get ready to push yourself!

Step 'n' Sculpt | Intensity Level: 2

Try out this fun cardio Step 'n' Sculpt class! Move through simple choreography on the stepper with strength intervals to sculpt those muscles using a variety of equipment. This class can be adapted for all fitness levels.

Registration for June to August programs is available online or in-person beginning at 10 a.m., Monday, May 4, 2026.



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

Spin Reservations

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