Fitness Drop In Calendar

Plan Today, Recreate Tomorrow
New this fall — registration opens 25 hours in advance.

August 31 – December 31, 2026

Program will be held in the Sportsplex | Program will be held in the Community Centre | New Class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bootcamp 6 – 7 a.m. Sarah N.	**Spin 45** 6 – 7 a.m. Jen	**Bootcamp** 6 – 7 a.m. Paul	**Spin 45** 6 – 7 a.m. Mary	**Bootcamp** 6 – 7 a.m. Mary	
	Let's Go Circuit! 8:30 – 9:30 a.m. Sue	**Tabata** 8:30 – 9:30 a.m. Sarah N.	**Step 'n' Sculpt** 8:30 – 9:30 a.m. Sarah N.	**Heart Smart ♥** 8:30 – 9:30 a.m. Paul	**Pump It Up!** 8:30 – 9:30 a.m. Ronna Lee	**Spin and Core** 8 – 9 a.m. Sarah F.
Balance, Core and Stretch 9 – 10 a.m. Sarah F.	**Spin and Mobility** 9:45 – 10:45 a.m. Jen				**Spin and Mobility** 9:45 – 10:45 a.m. Paul	
	Balance, Core and Stretch 10 – 11 a.m. Sarah N.	**Chair Yoga** 10 – 11 a.m. Laurel	**Balance, Core and Stretch** 10 – 11 a.m. Denise	**Chair Yoga** 10 – 11 a.m. Lena		
		Zumba and Pump 10:15 – 11:15 a.m. Ronna Lee	**Forever Fit Circuit** 10 – 11 a.m. Mary	**Zumba** 10:15 – 11:15 a.m. Ronna Lee	**Weight Room Hours** Mon – Fri | 5:45 a.m. – 9 p.m. Sat/Sun | 7:45 a.m. – 4 p.m.	
		Gentle Yoga 11:45 a.m. – 12:45 p.m. Laurel		**Gentle Yoga** 11:45 a.m. – 12:45 p.m. 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.***	
	Fit and Social Class: 1:30 – 2:30 p.m. Social: 2:30 – 3 p.m. Mary			**Fit and Social** Class: 1:30 – 2:30 p.m. Social: 2:30 – 3 p.m. Ronna Lee		
	SportFit 5:30 – 6:30 p.m. Steve	**Power Hour** 5:30 – 6:30 p.m. Sarah F.	**Kettle and Core** 5:30 – 6:30 p.m. Sarah N.	**SportFit** 5:30 – 6:30 p.m. Steve		
			Slow Flow Yoga 6 – 7 p.m. Laurel/Lena	**Spin and Release** 6 – 7 p.m. Sarah F.	**New Classes!**	

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 12 for more details.

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Want to guarantee your spot in tomorrow's class? All drop-in programs now open for sign-up the day before the session starts (25 hours in advance). While pre-registration online or in the Recreation in Campebell River App is recommended for high-demand programs like pickleball and spin, it is not required. If space is available, you are always welcome to drop in and join us on the day of the activity.