



Drop-in Fitness Schedules

For ages 13+ years

Please arrive early to class to avoid disappointment, space is limited and admission to class may not be granted after the scheduled start time. **Schedules are subject to change without notice.**

Updated June 16

Gibsons & Area Community Centre						
Effective Jul 2 to Sep 4 except for statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	8:00 - 8:45 am Core Room 219 Bonnie <i>Jul 5 to Aug 16</i>	8:00- 9:00 am Spin & Strength Room 209 Bonnie <i>Jul 6 to Aug 17</i>	8:00 - 8:45 am Core Room 219 Bonnie <i>Jul 7 to Aug 18</i>			
		9:15 - 10:00 am Express Refit Room 219 Jacquie <i>Jul 6 to Aug 31</i>				

Core: Wake up your postural and inner muscles needed for great posture and a strong back while developing overall core strength. Core Classes strengthens everything from your shoulders to your hips making you stronger in all you do. In addition, strengthening your core can help reduce back pain. It's quick and challenging in a fun group environment. Instruction for overall conditioning, proper technique and posture will be given. Each class is supported with great music to push you through a variety of exercises.

Express Refit: For all levels, this total body workout includes cardio and muscle conditioning as well as stretching and relaxation. Progressions and healthful lifestyle information are included and the focus is on having fun! Instructor: Jacquie Allan, B.R. E., "Recreation Phunologist!".

Spin & Strength: Combine the cardio of spin with the benefits of strength training in this class. Starting off with spin including a warm-up, cardio challenge, and cool down. Layer in some strength training and finish off with a thorough stretch.

Interested in instructing Fitness programs for the SCRCD? Contact Khoya Craig at Khoya.Craig@scrd.ca or for more information visit <https://www.scrd.ca/become-an-instructor>

Admission to Fitness:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25**