

Fitness Class Descriptions: view all of the details online rdn.bc.ca/drop-in-fitness-schedule

20-20-20 Fitness

This group fitness class consists of 20 minutes of aerobics, 20 minutes of light weights for upper and lower body work plus 20 minutes of abs and core work. Bring a yoga mat and a set of two-five pound weights.

Essentrics - Gentle Stretch

This gentle, slow-paced, full body workout is suitable for those new to, or have minimal experience with Essentrics. Please bring a yoga mat and water.

Feel the Flow Yoga

With a focus on mindful movement, you will be guided through a flow, moving with your breath while stretching and strengthening your body. Please bring a mat, strap and blocks.

Form and Function Fitness

This class is great for beginners or anyone coming back to fitness after a break. The class starts with no-impact cardio and basic exercises, then slowly moves on to more challenging movements.

Gentle Cardio/Condition and Core

Join Theresa for a safe, fun, full body workout that will include cardio, postural alignment, balance, strength training and stretch work. Please bring a mat and a set of weights appropriate for you.

Gentle Chair Fitness

In this class we will be seated on the chair, or some postures will be done with the help of the chair.

Gentle Chair Yoga

This is a safe alternative for participants who have some limitations for a regular yoga class.

Gentle Fit

This class will offer both standing and seated movements focused on improving cardio, strength, balance and flexibility.

Hatha Yoga

In this traditional style yoga class, we work with a slower yoga flow so that we can better synchronize the mind, body, and breath connections. Bring a mat, strap and blocks.

Mom and Baby Yoga

This class is designed for postpartum moms with babies who are not yet crawling. Bring a mat.

Pilates

This class will teach you the basics of Pilates so you can do it safely and feel confident. Bring a mat.

Pilates Tone and Stretch

We will begin with mat work, building a little heat in our core and then will move onto stability work, ending with a long, deep stretch. Please bring a mat.

Strength and Stability Yoga

This all-levels class focuses on bone health, posture, core, strength and balance. Please bring a yoga mat.

Yoga Barre Fusion

A workout blending Yoga, Pilates, Barre, Strength and Endurance. Please bring a mat.

Yoga Dance

This is a fun, joyful class with basic, easy to follow dance steps and flowing yoga postures blended together in free-flowing movements.

Yoga Pilates

Join Luisa for a dynamic balance of strength and flexibility in Yoga Pilates. Please bring a yoga mat.

Yoga Gentle Mobility and Stretch

A supportive, slow-paced class designed to help students move with greater ease, confidence and comfort. Please bring a yoga mat.

Weekend Reset Yoga

Reset your body, calm your mind and begin your week-end with intention.



Fitness Schedule

Fall 2026



Recreation and Parks

Oceanside Place Arena
830 West Island Hwy, Parksville
250-248-3252

Ravensong Aquatic Centre
737 Jones Street, Qualicum Beach
250-752-5014

rdn.bc.ca/recreation

Fitness Schedule: September 8 to December 19, 2026

Drop-in 10x fitness passes available

Two different drop-in passes: Fitness pass: \$120 plus gst. Gentle Fitness pass: \$100 plus gst.

Purchase at either Ravensong Aquatic Centre or Oceanside Place Arena.

Ongoing pro-rated registration available if space allows.



Schedules can change without notice, we ask that you check the live schedule online

rdn.bc.ca/drop-in-fitness-schedule or call 250-248-3252 or 250-752-5014.

Monday No session Oct 12,	Tuesday	Wednesday No session Sep 30 , Nov 11	Thursday	Friday	Saturday No session Sep 26 , Oct 24, Nov 14
Yoga Barre Fusion 9-10 a.m. Oceanside Place Arena	Pilates 9:15-10:15 a.m. QB Community Hall	Yoga Barre Fusion 9-10 a.m. Oceanside Place Arena	Pilates 9:15-10:15 a.m. QB Community Hall		
Feel the Flow Yoga 9:30-10:30 a.m. QB Community Hall	Gentle Fit 9-10 a.m. Oceanside Place Arena		Gentle Fit 9-10 a.m. Oceanside Place Arena		Strength and Stability Yoga 9-10 a.m. Oceanside Place Arena
Yoga Pilates 10:15-11:15 a.m. Oceanside Place Arena	Pilates Tone and Stretch 10:30-11:30 a.m. QB Community Hall	Gentle Chair Yoga 10-11 a.m. Bradley Centre	Pilates Tone and Stretch 10:30-11:30 a.m. QB Community Hall		Weekend Reset Yoga 10:15-11:15 a.m. Oceanside Place Arena
	Gentle Cardio Condition and Core 10:15-11:15 a.m. Oceanside Place Arena	Yoga Pilates 10:15-11:15 a.m. Oceanside Place Arena	Gentle Cardio Condition and Core 10:15-11:15 a.m. Oceanside Place Arena	20-20-20 Fitness 10-11 a.m. Jensen Centre	
	Gentle Chair Fitness 11:30 a.m.-12:30 p.m. Oceanside Place Arena	20-20-20 Fitness 10-11 a.m. Jensen Centre	20-20-20 Fitness No drop-ins 11 a.m.-12 p.m. QB Civic Centre		
Yoga Gentle Mobility and Stretch 11:30 a.m.-12:30 p.m. Oceanside Place Arena	20-20-20 Fitness No drop-ins 11 a.m.-12 p.m. QB Civic Centre	Form and Function 11 a.m. - 12 p.m. Arrowsmith Activity Centre			
Mom and Baby Yoga 12:45-1:45 p.m. Oceanside Place Arena	Yoga Dance 12:45-1:45 p.m. Oceanside Place Arena	Yoga Gentle Mobility and Stretch 11:30 a.m.-12:30 p.m. Oceanside Place Arena			
		Essentrics - Gentle Stretch 11:30 a.m.-12:30 p.m. Bradley Centre			
Hatha Yoga 5:30-6:30 p.m. QB Community Hall	Form and Function Fitness 5:15-6:30 p.m. Arrowsmith Activity Hall	Hatha Yoga 5:30-6:30 p.m. QB Rotary House			

-  Gentle Fitness Pass \$100
-  Fitness Pass \$120
-  Pre-register. No Drop-ins