

**Fitness Class Descriptions: view all of the details online [rdn.bc.ca/drop-in-fitness-schedule](http://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, or are beginning to exercise after a long sedentary period. Please bring a yoga mat and water.

### **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.

### **Pilates**

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

### **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. This class will focus on strength, endurance, balance and flexibility for your whole body. Finish with a segment of guided relaxation and grounding for a calm, peaceful, refreshing feeling.

### **Yoga Barre Fusion**

Join Luisa for a workout blending Yoga, Pilates, Barre, Strength and Endurance. T

### **Yoga Pilates**

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



## *Fitness Schedule*



## **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](http://rdn.bc.ca/recreation)

## Fitness Schedule Fall — Sep 8-Dec 18, 2025

Two different 10x fitness drop-in passes available and over 18 classes to choose from.

Fitness pass: \$120 plus gst. NEW Gentle Fitness pass: \$90 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](https://rdn.bc.ca/drop-in-fitness-schedule) or call 250-248-3252 or 250-752-5014.

Monday No session Oct 13	Tuesday No session Sep 30, Nov 11	Wednesday	Thursday	Friday
<b>Yoga Barre Fusion</b> 9-10 a.m. St. Edmunds Church	<b>Pilates</b> 9:15-10:15 a.m. QB Community Hall	<b>Yoga Barre Fusion</b> 9-10 a.m. St. Edmunds Church	<b>Pilates</b> 9:15-10:15 a.m. QB Community Hall	
	<b>Gentle Fit</b> 9:15-10:15 a.m. St. Edmunds Church		<b>Gentle Fit</b> 9:15-10:15 a.m. St. Edmunds Church	
<b>Yoga Pilates</b> 10:15-11:15 a.m. St. Edmunds Church	<b>Pilates Tone and Stretch</b> 10:30-11:30 a.m. QB Community Hall	<b>Gentle Chair Yoga</b> 10-11 a.m. Bradley Centre	<b>Pilates Tone and Stretch</b> 10:30-11:30 a.m. QB Community Hall	
	<b>Gentle Cardio</b> and Core 10:30-11:30 a.m. St. Edmunds Church	<b>Yoga Pilates</b> 10:15-11:15 a.m. St. Edmunds Church	<b>Gentle Cardio</b> and Core 10:30-11:30 a.m. St. Edmunds Church	
	<b>Gentle Chair Fitness</b> 10:45-11:45 a.m. Oceanside Place	<b>20-20-20 Fitness</b> 10:30-11:30 a.m. Jensen Centre	<b>20-20-20 Fitness</b> No drop-ins 11 a.m.-12 p.m. QB Civic Centre	<b>20-20-20 Fitness</b> 10:30-11:30 a.m. Jensen Centre
	<b>20-20-20 Fitness</b> No drop-ins 11 a.m.-12 p.m. QB Civic Centre	<b>Essentrics</b> 11:30 a.m.-12:30 p.m. Bradley Centre		
	<b>Yoga Dance</b> 12-1 p.m. Oceanside Place			
<b>Hatha (Yin) Yoga</b> 5:30-6:30 p.m. QB Community Hall		<b>Hatha Yoga</b> 5:30-6:30 p.m. QB Rotary House		



Gentle Fitness Pass \$90



Fitness Pass \$120



Pre-register. No Drop-ins