

Fitness Class Descriptions: view all of the details online rdn.bc.ca/recreation

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.

Feel the Flow Yoga

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

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 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.

Qigong

Enjoy the benefits of slow, gentle, standing movements that will benefit your back and balance all while you improve circulation, posture, alignment and relieve stress. All movements can be modified for seated positions as well.

Hatha Yin Yoga

Yin Yoga utilizes a more meditative yogic approach with a physical focus on the deeper tissues, such as the connective tissue and fascia. Please bring a bolster, pillow, and/or blanket and mat.

Yoga Barre Fusion

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

Yoga Fusion

Get all of your workout needs in this one, well rounded class. Combining yoga with pilates, strength training and intervals, this class will leave you feeling strong and healthy. Please bring a yoga mat and a set of 2-5lb weights.

Yoga Pilates

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



Fitness Schedule

Fall 2025 updated Sep 18 2025



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 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/recreation or call 250-248-3252 or 250-752-5014.

Monday No session Oct 13	Tuesday No session Sep 30, Nov 11	Wednesday	Thursday	Friday
Yoga Barre Fusion 9-10 a.m. St. Edmunds Church	Pilates 9:15-10:15 a.m. QB Community Hall	Yoga Barre Fusion 9-10 a.m. St. Edmunds Church	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 9:15-10:15 a.m. St. Edmunds Church	Yoga Fusion 9:30-10:30 a.m. QB Community Hall	Gentle Fit 9:15-10:15 a.m. St. Edmunds Church	
Yoga Pilates 10:15-11:15 a.m. St. Edmunds Church	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	
	Gentle Cardio and Core 10:30-11:30 a.m. St. Edmunds Church	Yoga Pilates 10:15-11:15 a.m. St. Edmunds Church	Gentle Cardio and Core 10:30-11:30 a.m. St. Edmunds Church	
	Gentle Chair Fitness 10:45-11:45 a.m. Oceanside Place	20-20-20 Fitness 10:30-11:30 a.m. Jensen Centre	20-20-20 Fitness No drop-ins 11 a.m.-12 p.m. QB Civic Centre	20-20-20 Fitness 10:30-11:30 a.m. Jensen Centre
	20-20-20 Fitness No drop-ins 11 a.m.-12 p.m. QB Civic Centre	Essentrics 11:30 a.m.-12:30 p.m. Bradley Centre		
	Yoga Dance 12-1 p.m. Oceanside Place			
Hatha (Yin) Yoga 5:30-6:30 p.m. QB Community Hall		Hatha Yoga 5:30-6:30 p.m. QB Rotary House	Qigong 6-7 p.m. St. Edmunds Church	



Gentle Fitness Pass \$90



Fitness Pass \$120



Pre-register. No Drop-ins