

Fitness Schedule Fall — Sep 8-Dec 18, 2025

Drop-in 10x fitness passes available for classes marked with *

Two different drop-in passes and over 18 classes to choose from. Fitness pass: \$120 plus gst. 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	20-20-20 Fitness 10:30-11:30 a.m. Jenson Centre
	Gentle Chair Fitness 10:45-11:45 a.m. Oceanside Place	20-20-20 Fitness 10:30-11:30 a.m. Jenson Centre	20-20-20 Fitness No drop-ins 11 a.m.-12 p.m. QB Civic 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	Yoga Dance 12-1 p.m. Jenson Centre		
Yin Yoga 5:30-6:30 p.m. QB Community Hall	Qigong 6-7 p.m. Bradley Centre	Hatha Yoga 5:30-6:30 p.m. QB Rotary House		

 Gentle Fitness Pass \$90

 Fitness Pass \$120

 Pre-register. No Drop-ins