

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

Feel the Flow Yoga

Perfect for novice yoga participants, this class will help develop balance, flexibility and strength while being fully present in the moment. Please bring a mat, strap and blocks.

Instructor: Kelly Konrad

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. Participants should be able to stand for about 40-45 minutes and go down onto a mat for a portion of this class. Please Bring a mat and a set of weights appropriate for you.

Instructor: Theresa Coridor

Gentle Fit

This class will offer both standing and seated movements focused on improving cardio, strength, balance and flexibility. Participants should feel comfortable standing for 20 minutes.

Instructor: Theresa Coridor

Hatha Yoga

This class builds a foundation for beginners and a great option for continuing practitioners looking for a slower pace. Variations and modifications will be offered. Please bring a mat, strap and blocks.

Instructor: Sharon King

Pilates and Barre Sculpt

This energizing class will combine the control of Pilates with the strength and endurance of Barre giving you a full-body, sculpting workout. Please bring a mat and one-five pound weights.

Instructor: Kerry Heming

Pilates Tone and Stretch

Join us for a gentle but challenging Pilates and Yoga combination class. Please bring a mat and a yoga strap.

Instructor: Kerry Heming

Yoga Barre Fusion

This low impact class will help shape, firm and tighten. Please bring a yoga mat.

Instructor: Luisa Quezada

Yoga Fusion - Monday

This class seamlessly blends the mindful movements of Yoga with the core-strengthening benefits of Pilates. Please bring a yoga mat.

Instructor: Luisa Quezada

Yoga Fusion - Wednesday

Combining yoga with pilates, strength training and intervals. Please bring a yoga mat and a set of two-five pound weights.

Instructor: Kelly Konrad

Qigong Moving Meditation

Enjoy the benefits of slow, gentle, standing movements that will benefit your back and balance. All movements can be modified for seated positions as well.

Instructor: Monika Lux

20-20-20 Fitness

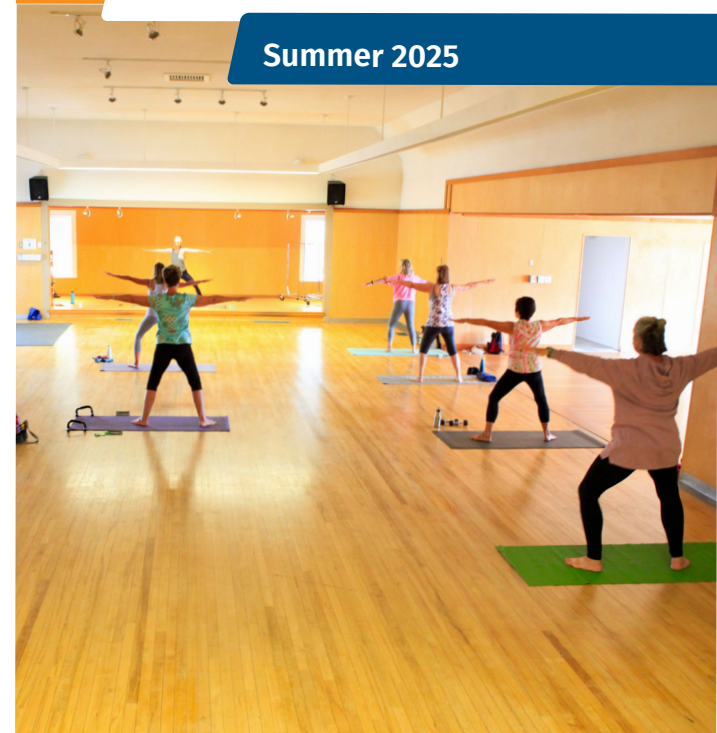
This group fitness class consists of 20 minutes of aerobics, 20 minutes of light weights for upper and lower body work plus 20 minutes of abs and core work. Please bring a yoga mat and a set of two-five pound weights.

Instructor: Luis Acosta



Fitness Schedule

Summer 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 Summer ~ July 2-31, 2025

Drop-in 10x fitness passes available for classes marked with * and in the orange box below .

Fitness pass: \$120 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.

Fitness Schedule

Monday Starts July 7	Tuesday Starts July 8	Wednesday Starts July 2	Thursday Starts July 3	Friday
Yoga Barre Fusion* 9-10 a.m. St. Edmunds Church			Pilates and Barre Sculpt * 9-10 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. Qualicum Commons	Gentle Fit 9:15-10:15 a.m. St. Edmunds Church	
Yoga Fusion* 10:15-11:15 a.m. St. Edmunds Church	Gentle Cardio and Core 10:30-11:30 a.m. St. Edmunds Church	Qigong Moving Meditation* 9:30-10:30 a.m. Foster Park	Pilates Tone and Stretch * 10:15-11:15 a.m. QB Community Hall	
			Gentle Cardio and Core 10:30-11:30 a.m. St. Edmunds Church	
	20 20 20 Fitness 11 a.m.-12 p.m. QB Civic Centre		20 20 20 Fitness 11 a.m.-12 p.m. QB Civic Centre	
		Hatha Yoga * 5:30-6:30 p.m. QB Rotary House		