

# Fitness Schedule Spring – March 30 - June 30, 2026

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/drop-in-fitness-schedule](https://rdn.bc.ca/drop-in-fitness-schedule) or call 250-248-3252 or 250-752-5014.

Monday No session Apr 6, May 18	Tuesday	Wednesday	Thursday	Friday
<b>Yoga Barre Fusion</b> 9-10 a.m. Oceanside Place Arena	<b>Pilates</b> 9:15-10:15 a.m. QB Community Hall	<b>Yoga Barre Fusion</b> 9-10 a.m. Oceanside Place Arena	<b>Pilates</b> 9:15-10:15 a.m. QB Community Hall No Session Jun 18	
<b>Feel the Flow Yoga</b> 9:30-10:30 a.m. QB Community Hall	<b>Gentle Fit</b> 9-10 a.m. Oceanside Place Arena	<b>Yoga Fusion</b> 9:30-10:30 a.m. QB Community Hall	<b>Gentle Fit</b> 9-10 a.m. Oceanside Place Arena	
<b>Yoga Pilates</b> 10:15-11:15 a.m. Oceanside Place Arena	<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 No Session Jun 18	
	<b>Gentle Cardio Condition and Core</b> 10:15-11:15 a.m. Oceanside Place Arena	<b>Yoga Pilates</b> 10:15-11:15 a.m. Oceanside Place Arena	<b>Gentle Cardio Condition and Core</b> 10:15-11:15 a.m. Oceanside Place Arena	<b>20-20-20 Fitness</b> 10:30-11:30 a.m. Jensen Centre No session Apr 3, May 15, Jun 26
	<b>Gentle Chair Fitness</b> 10:45-11:45 a.m. Oceanside Place Arena	<b>20-20-20 Fitness</b> 10:30-11:30 a.m. Jensen Centre	<b>20-20-20 Fitness</b> 11 a.m.-12 p.m. QB Civic Centre No drop-ins	
<b>Stronger Through Cancer</b> 10:45 a.m.-11:45 a.m. QB Community Hall	<b>20-20-20 Fitness</b> 11 a.m.-12 p.m. QB Civic Centre No drop-ins	<b>Stronger Through Cancer</b> 10:45 a.m.-11:45 a.m. QB Community Hall		
<b>Yoga Gentle Mobility and Stretch</b> 11:30 a.m.-12:30 p.m. Oceanside Place Arena	<b>Yoga Dance</b> 12-1 p.m. Oceanside Place Arena	<b>Yoga Gentle Mobility and Stretch</b> 11:30 a.m.-12:30 p.m. Oceanside Place Arena		
		<b>Essentrics</b> 11:30 a.m.-12:30 p.m. Bradley Centre		
<b>Hatha 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