



**PARKS
RECREATION
& CULTURE**

2025 SUMMER SHUTDOWN ACTIVITY GUIDE



Due to the annual maintenance shutdown, starting Saturday, August 16th, there are some changes to the hours of operation at the Frank Jameson Community Centre.

AUGUST						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SEPTEMBER						
31	1	2	3	4	5	6
7	8	9	10	11	12	13

- Aquatic Centre CLOSED
- Entire FJCC Centre CLOSED
- Fitness Centre OPEN

During this time, we are proud to offer opportunities to stay healthy with outdoor fitness programs - held at Forrest Field and Transfer Beach - check them out!

Drop-In Fitness Programs (16yrs+)

Our classic drop-in Fitness Programs are moving to Forrest Field Turf! Take this two-week opportunity to do all your favourite exercises OUTDOORS with our fantastic Fitness Instructors. General admission rates apply, and yes, you can still use your punch passes!

Effective August 18 - 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Outdoor Cardio Circuit 8:00-9:00am <i>Forrest Field</i>		Outdoor Cardio Circuit 8:00-9:00am <i>Forrest Field</i>		Outdoor Cardio Circuit 8:00-9:00am <i>Forrest Field</i>	
	Outdoor Fitness Lite 9:30-10:30am <i>Forrest Field</i>				Outdoor Fitness Lite 9:30-10:30am <i>Forrest Field</i>	

Outdoor Cardio Circuit

A 'do-it-all' high intensity circuit style class that will get your heart pumping and muscles strong! Challenge your body's ability using a variety of equipment and compound muscle movements. This is a high intensity class, if you have mobility issues or injuries you should see your doctor or speak with the instructor prior to participation.



Outdoor Fitness Lite

Low to moderate impact and fun; 30-20-10! Get your groove on with 30 minutes cardio - 20 minutes to focus on form with safe strength, balance and core exercises - 10 minutes to relax and stretch out your muscles! This class is ideal for those who want a solid workout without high impact and intensity.



Registered Fitness Programs (16yrs+)

Get moving this August with our exciting variety of **OUTDOOR** fitness programs! Whether you're up for the whole set or just want to drop in for \$8.40 (gst included) a class, there's something for everyone - join us and stay active under the sun! Register online at www.reccowichan.ca or call 250.245.6424. **Drop in admission is cash only!**

Outdoor Strength & Stability

Skip the cardio and join us for an hour of power in this total body Strength and Stability conditioning class. A variety of equipment, including your own bodyweight will be utilized to sculpt, tone and develop muscles. This class will have an emphasis on safe and proper form. Exercise choices will be based on functional movement patterns.

Forrest Field Turf

Tuesdays & Thursdays, August 19 - 28

8:00-9:00am \$28/4 sessions **97961**

Thursdays, August 21 & 28

7:00-8:00pm \$14/2 sessions **97963**

\$8.40 drop-in (space permitting)



Outdoor Strength & Stability LITE

This 60-minute resistance class is a lighter version to our classic Strength & Stability program. Same great instructors teaching the same great class at a beginner to intermediate level. This class will also include mobility movements.

Forrest Field Turf

Wednesdays, August 20 - 27

9:30-10:30am \$14/2 sessions

97962

\$8.40 drop-in (space permitting)



Fitness Class Intensity Levels

The intensity levels are used as a guideline. Each individual may choose to work at their own pace. Warm up is an important component of your workout **PLEASE SHOW UP ON TIME FOR CLASS** with additional time to check in with instructor to ensure your program choice is right for you.



LOW - beginner level, new to fitness, low impact, mild cardio intensity, gentle strength training for joints. Great for those returning to fitness post injury or surgery. Great for prenatal moms and active agers.



MODERATE - intermediate fitness level, possibility of jumping and turning with more dynamic movement. Good body mechanics. Good cardio base. Variety of equipment used. Some compound muscle movements may be introduced. Some modifications may be given.



HIGH - Advanced fitness levels. Working out of your comfort zone to approximately 90% of maximum heart rate. Full range of motion around joints is ideal. Injury free. Variety of equipment used. Lots of compound muscle movements. Coordination and agility are also used in this type of class.

Outdoor Work It Circuit

In this class, things will always be interesting as you move from station to station using a variety of equipment, alternating between resistance and cardio intervals and moving your body through an endless variety of exercises. This class is a full body workout that will make you sweat, have your heart-rate elevated and leave you feeling satisfied with the WORK you put into IT!

Forrest Field Turf

Mondays & Wednesdays, August 18 - 27

7:00-8:00pm \$28/4 sessions

96793

\$8.40 drop-in (space permitting)



Sunrise Stretching & Core

Energize your mornings with Sunrise Stretch & Core, a revitalizing fitness program designed to awaken your body and strengthen your core. Start each day with guided movements that boost flexibility, improve posture, and ignite your inner strength.

Transfer Beach Amphitheatre

Tuesdays & Thursdays, August 19 - 28

6:30-7:15am \$28/4 sessions

97173

\$8.40 drop-in (space permitting)



INFO / REGISTRATION **250.245.6424**

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