



CAMPBELL COMMUNITY CENTER DROP-IN FITNESS PROGRAM

On-going and available to everyone ages 18 and up.

AMENITIES: The renovated Weight Room has a variety of new equipment including a TRX Suspension Trainer, ellipticals, treadmills, rowing machine, leg, shoulder, and chest machines. In addition, we have a variety of dumbbells, kettle bells, medicine balls, stability balls and much more. Everything you need to get in shape and stay that way! **Please make note: Locker room and showers are available for use during lap swim hours only.** Bring your own lock and towel. **GROUP EXERCISE CLASSES:** Group fitness programs are instructor-led classes. Please bring water and a small towel for Spinning. For Yoga, Pilates, and Body Sculpt classes, participants will need to bring water, a towel, and a mat.

All Drop-In Facilities are CLOSED for following holidays: 12/19/16 - 1/2/17, 1/16, 2/20, 4/16, 5/29



WEIGHT ROOM

Days	Time	Location
M-F	6:00 - 8:00 am	Weight Rm
M-F	11:30 - 2:00 pm	Weight Rm
M/W	4:00 - 7:00 pm	Weight Rm
T/Th	6:30 - 9:00 pm	Weight Rm
Sa/Su	8:00 - 10:30 am	Weight Rm



LAP SWIMMING

Days	Time	Location (enter through Weight Rm)
M-F	6:00 - 8:00 am	Pool
M-F	11:30 - 1:30 pm	Pool
M-Th	7:15 - 9:00 pm	Pool
Sa/Su	8:00 - 10:30 am	Pool



BODY SCULPT

Days	Time	Location
M/F	12:15 - 1:00 pm	Rm M-47
M	6:15 - 7:15 pm	Rm M-47
W	6:15 - 7:15 pm	Rm M-50



SPINNING

Days	Time	Location
M/W/F	12:15 - 1:00 pm	Fitness Ctr



PILATES

Days	Time	Location
Th	12:00 - 1:00 pm	Rm Q-80



YOGA

Days	Time	Location
T	12:00 - 1:00 pm	Rm Q-80

The Campbell Community Center offers different fitness pass options to suit varying schedules and budgets. Passes are good for all drop-in activities. Daily Visit: \$7

Fitness Pass

**10 Visits
 \$50**

Good for 10 visits and never expires!

Fitness Pass

**20 Visits
 \$80**

Good for 20 visits and never expires!

Fitness Pass

**Monthly
 \$55**

Unlimited visits within a calendar month

Adults age 50 and better may purchase fitness passes at a discounted price. ID and date of birth required upon purchase.

\$5 Relacement fee if lost or stolen for the NEW barcode/scannable cards only.



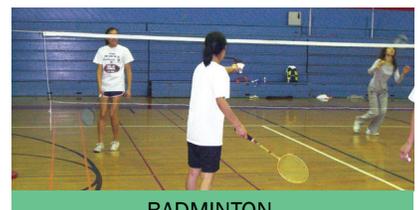
VOLLEYBALL

Days	Time	Location
T/Th	11:30 - 1:45 PM	Main Gym
M/F	7:00 - 10:00 pm	Main Gym



BASKETBALL

Days	Time	Location
W/F	11:30 - 1:30 pm	Main Gym



BADMINTON

Days	Time	Location
Sa	6:00 - 10:00 pm	Main Gym