

September 17, 2018

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### Up and running – new weight room equipment at Campbell River Sportsplex

New, modern weight room equipment and a free-weight stack were delivered and installed in the Sportsplex weight room at the end of August.

*“Our refreshed and modern weight room was up and running with 16 new pieces of equipment and the free weights as of 5:45 a.m. on Friday, Aug. 31,”* says City of Campbell River fitness supervisor Mary Fast.

Weights can be adjusted on each new machine, and some machines offer a variety of options for strength training exercises.

*“Since we re-opened the Sportsplex weight room, people have had great things to say about the change,”* Fast adds.

- *“The equipment is laid out so nicely and the space is so clean. I like how smooth the machines move and how easy it is to change the weight load,”* said Cusandra. *“There are so many multifunctional machines that allow me to do so many exercises on one machine and get in a hard work out.”*
- *“It has taken me a while to get used to the new machines, but once I was shown how to use them, I have been able to use the equipment with no issues,”* said Peter. *“The fitness staff have been so helpful.”*
- *“Beautiful new equipment. Staff is helpful and friendly. I am looking forward to coming to the gym every day.”* said Frank.

Come check out the new equipment for yourself. The Sportsplex weight room is open seven days a week (Monday to Friday, 5:45 a.m. to 9:30 p.m. and Saturday and Sunday, 8:45 a.m. to 4 p.m.)

*“Nationally and provincially-certified fitness staff are available during supervised weight room times to introduce you to all of the equipment and give you tips to help you get the work out that is right for you,”* Fast says. *“Whether you are new to strength training or are have been doing it for a while our staff are always happy to help.”*

The City offers membership and drop-in rates. No-fee-to-join memberships options include: 10-visit pass. Or, you can get a one, three, six, nine and 12-month pass. LIFE funding (supporting low-income residents) is available for fitness classes and weight room visits.

For more information on the Sportsplex weight room and our fitness classes, see pages 63-67 in the Fall Recreation Guide. Pick up a copy at the Sportsplex or Community Centre or view online at [www.campbellriver.ca/recreationguide](http://www.campbellriver.ca/recreationguide)

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Photo: *Krystal Charlton using the new multi-function trainer*