



REGIONAL DISTRICT OF CENTRAL KOOTENAY MEDIA RELEASE

November 25, 2020
For immediate release

All RDCK Group Fitness Classes Are Paused Until Further Notice

Nelson, BC: By order and direction of the Provincial Health Officer (PHO), further restrictions have been implemented across the Province of British Columbia for athletic activities. As a result, all Regional District of Central Kootenay (RDCK) group fitness classes are paused, effective immediately, until the province defines the new operating guidelines. Reserved regional activities that will continue include swimming, public skating, individual fitness, indoor sport night, intro to tennis, soccer, badminton, volleyball, adult hockey, recreation hockey, pickleball and indoor walking.

[Click here](#) to read the latest COVID-19 Safety restrictions from Provincial Health.

Classes that have been paused include:

Castlegar

Health and Recovery
Balance and Mobility
Yoga for Resilience
Vinyasa Yoga Flow
Lean Machines
TRX
Rise and Shine
Bootcamp
Sweat on the Spot
Cycle Power
Spin & Sculpt
Deep Water Aqua-fit
Gentle Joints
Kids Boogie with MUV
Studios
MUV, Groove & Hip
Hop

Creston

Tai Chi for Beginners
Tai Chi Practice
Thursday Evening Yoga
Core N More
Total Body Fitness,
Spin N Sculpt
Spin
TRX
Aqua-fit

Nelson

Classical Hatha Yoga
Hatha Yoga Flow
Sunday Morning Yoga
Chair Yoga
Work to Progress
Deep Water Cardio
Aqua-fit
Water Walking
Gentle Joints
Spin and Strength
Barre
Step it Up
Full Body Fridays

Salmo

Mellow Yoga (x2)
Fast Fitness Boot Camp

A reminder face masks are required in all RDCK facilities and are now required during public skating. It is recommended to bring more than one mask to be able to change as needed.

RDCK recreation services continue to be reviewed regularly as new information and protocols become available. For the most up to date information please go to www.rdck.ca/recreation.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, water services and much more. For more information about the RDCK, visit www.rdck.ca.

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