



# CAMPBELL COMMUNITY CENTER Drop-In Fitness Program



On-going and available to everyone ages 18 and up

RECREATION & COMMUNITY SERVICES DEPARTMENT

1 W. Campbell Avenue, C-31, Campbell, CA 95008 • (408) 866-2104 • [www.campbellca.gov/recreation](http://www.campbellca.gov/recreation)

## Winter/Spring hours effective January 1st - May 31st

The Weight Room has a variety of 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.

\*\*\*Please Note: Please check in at the Weight Room before proceeding to class.\*\*\*

Locker rooms and showers are available for use during lap swim hours only! Bring your own lock and towel.

**All Drop-In Facilities are CLOSED for the following holidays: 12/22/19 - 1/1/20, 1/20, 2/17, 4/12, 5/25**



**WEIGHT ROOM**

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



**LAP SWIMMING**

| Days  | Time               | Location |
|-------|--------------------|----------|
| M-F   | 6:00 AM - 8:00 AM  | Pool     |
| M-F   | 11:30 AM - 1:30 PM | Pool     |
| M-Th  | 7:15 PM - 9:00 PM  | Pool     |
| Sa/Su | 8:00 AM - 10:30 AM | Pool     |



**BODY SCULPT**

| Days | Time               | Location |
|------|--------------------|----------|
| M/F  | 12:15 PM - 1:00 PM | Rm M-47  |
| M/W  | 6:15 PM - 7:15 PM  | Rm M-50  |
| T/TH | 6:15 PM - 7:15 PM  | Rm N-76  |



**SPINNING**

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



**PILATES**

| Days | Time               | Location |
|------|--------------------|----------|
| Th   | 12:00 PM - 1:00 PM | Rm M-47  |



**YOGA**

| Days | Time               | Location |
|------|--------------------|----------|
| T    | 12:00 PM - 1:00 PM | Rm Q-84  |

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**  
**\$55**

Good for 10 visits and never expires!

Fitness Pass

**20 Visits**  
**\$85**

Good for 20 visits and never expires!

Fitness Pass

**Monthly**  
**\$60**

Unlimited visits within a calendar month

Initial purchase of passes must be made at the Weight Room during drop-in hours. Renew or re-load your card online or in-person at the Weight Room or Recreation Office during operating hours. A \$5 fee is charged for the replacement of a lost or stolen *scannable card* only.



**VOLLEYBALL**

| Days | Time               | Location |
|------|--------------------|----------|
| T/Th | 11:30 AM - 2:00 PM | Main Gym |
| M/F  | 7:00 PM - 10:00 PM | Main Gym |



**BASKETBALL**

| Days | Time               | Location |
|------|--------------------|----------|
| W/F  | 11:30 AM - 2:00 PM | Main Gym |



**BADMINTON**

| Days | Time               | Location |
|------|--------------------|----------|
| Sa   | 6:00 PM - 10:00 PM | Main Gym |