



RECREATION & COMMUNITY SERVICES DEPARTMENT
 1 W. Campbell Avenue, C-31, Campbell, CA 95008
 (408) 866-2104 • www.cityofcampbell.com/recreation

**Parks
 Make
 Life
 Better!**

CAMPBELL COMMUNITY CENTER DROP-IN FITNESS PROGRAM

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

Winter/Spring Hours Effective 1/2/2019

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: 1/21, 2/18, 5/27, 7/4



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/W	6:15 - 7:15 pm	Rm M-50
Tu/Th	7:15 - 7:45 pm	Rm N-76



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 M-47



YOGA

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

Updated 12/7/18

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 reload 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 - 2:00 pm	Main Gym
M/F	7:00 - 10:00 pm	Main Gym



BASKETBALL

Days	Time	Location
W/F	11:30-2:00 pm	Main Gym



BADMINTON

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

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