



FOR IMMEDIATE RELEASE

FlexFit MOBILITY PROGRAM RETURNS TO SUPPORT INCLUSIVED FITNESS IN PRINCE RUPERT

Imagine a Place where Movement Meets Connection

PRINCE RUPERT, MAY 23rd, 2025 – The City of Prince Rupert's Recreation and Community Services Department is proud to announce the launch of its second Enhanced Mobility Program, now rebranded as the FlexFit Mobility Program—a seven-week series of inclusive, adaptive recreational activities designed to support seniors and individuals with mobility challenges.

Delivered in partnership with the Prince Rupert Library, Sweat Rebel Fitness, Costa Yoga, Special Olympics BC – Prince Rupert, and the Prince Rupert Seniors Centre, this program brings together local fitness professionals and community groups to promote strength, balance, flexibility, and confidence through movement.

The program kicks off with a Physical Literacy & Enhanced Mobility Workshop on Wednesday, May 28th from 1 PM to 4 PM at the Prince Rupert Library.

Participants will then take part in a six-week movement series, running every Wednesday from June 4 to July 9, from 1 PM to 2:30 PM. Each session focuses on functional movement, mindfulness, and connection—hosted at various accessible locations across the city.

“This mobility class was both enjoyable and challenging. I met new friends who I see regularly at the pool,” shared Pam Hays, a participant from the previous Enhanced Mobility Program. “As a below-the-knee amputee, balance is my biggest challenge. The sessions were tough but beneficial—I was proud of what I accomplished.”

Program Schedule:

- **Wednesday, May 28** – *Physical Literacy Workshop*
Prince Rupert Library | 1 PM – 4 PM
- **Wednesday, June 4** – *Program Introduction, Goal Setting & Movement Class*
Prince Rupert Recreation Complex | 1 PM – 2:30 PM
- **Wednesday, June 11** – *Yoga*
Prince Rupert Recreation Complex | 1 PM – 2:30 PM
- **Wednesday, June 18** – *Movement Class*
Prince Rupert Recreation Complex | 1 PM – 2:30 PM
- **Wednesday, June 25** – *Functional Training on TRX & Seated Resistance Training*
Sweat Rebel Fitness (Prince Rupert Racquet Centre) | 1 PM – 2:30 PM
- **Wednesday, July 2** – *Aquafit Info Session & Class*
Earl Mah Aquatic Centre | 1 PM – 2:30 PM
- **Wednesday, July 9** – *Chair Yoga*
Prince Rupert Seniors Centre | 1 PM – 2:30 PM

Cost: \$25 for all sessions.

Registration: Call (250) 624-6707 or register in person at the Prince Rupert Recreation Complex.

Financial assistance is available for those in need—please call to inquire. All information is kept confidential.

The FlexFit Mobility Program is made possible through funding from the Northern Savings Credit Union and a shared commitment to inclusive wellness for all.

For more information, please contact Heidi DeWildt, Recreation Coordinator at (250) 624-6707.

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