

GROUP FITNESS SCHEDULE

SEP-OCT 2026

Effective September 6 to October 31

SCHEDULE SUBJECT TO CHANGE
View in real time online: seaparc.ca

Modified schedules on statutory holidays and long weekends
No classes on Sep 7, Sep 30, Oct 12



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	OFFSITE Programs*	
	Cycle 6:00 - 6:45am Jacklyn E	Drop-in Yoga 6:15 - 7:00am Jazmin H	Cycle, Strength & Stretch 6:15 - 7:00am Angela M	Drop-in Yoga 6:15 - 7:00am Angela M	Cycle & Core 6:15 - 7:00am Jenna K		MONDAY	WEDNESDAY
						Cycle, Strength & Stretch 7:30 - 8:30am Angela M	Pilates Beginner: Level 1 5:30 - 6:30pm Candace C E. Sooke Community Hall	Intro to Running 5:15 - 6:15pm Jenna K/ Run Leaders Outdoor Location NEW
Parent & Child Jumping Fitness 8:15 - 9:00am Melinda B	Cycle & Balance 8:00 - 8:45am Donna T		Strength & Mobility 8:00 - 9:00am Dave R		Strength & Mobility 8:00 - 9:00am Dave R		WEDNESDAY	THURSDAY
Dynamic & Still Yoga 9:15 - 10:15am Deanna M	HIIT 9:15 - 10:15am Colleen D	Strength & Mobility 9:00 - 10:00am Dave R	Wednesday Workout 9:15 - 10:15am Dave R	Strength & Mobility 9:00 - 10:00am Dave R	Shimmy, Shake & Flow 9:15 - 10:15am Colleen D	Step & Sculpt 9:00 - 10:00am Tina L	Zumba Gold 9:00 - 9:45am Colleen D (Sep 9, 23, Oct 7, 21) E. Sooke Community Hall	Candlelit Yoga NEW 7:00 - 8:00pm Julie V Otter Point, 3-7450 Butler Rd.
	Therapeutic Yoga 10:30 - 11:30am Julie V	Strength & Mobility 10:15 - 11:15am Dave R	Heart Health & Better Bones 10:30 - 11:30am Julie V NEW	Strength & Mobility 10:15 - 11:15am Dave R	Zumba in the Circuit 10:30 - 11:30am Colleen D	Sculpt & Stretch 10:15 - 11:15am Tina L	*must call Reception to register drop-in minimum 30 minutes prior to class starts.	
Family Fitness Circuit 12:00 - 12:45pm Maurice A NEW	Parent & Baby Cycle, Core & Stretch 11:45 - 12:45pm Jenna K	TRX® Training 11:30 - 12:15pm Dave R	Pilates - Level 1-2 11:45 - 12:45pm Jenna K (starts Oct 7)	Parent & Baby Yoga 11:30 - 12:30pm Britt A		Drop-in Yoga 11:30 - 12:30pm Angela M	WORKSHOPS Explore workshops on fitness, strength training, nutrition, sleep, weight management, financial wellness, and more, all designed to help you discover practical strategies for a healthier, more balanced life.	
Weight Training Introduction 1:00 - 2:00pm Maurice A	Pilates Beginner: Level 1 1:00 - 2:00pm Jenna K	Therapeutic Yoga 12:30 - 1:30pm Anthea B		Chair Yoga 12:45 - 1:30pm Katie Q	Gentle Yoga 12:30 - 1:30pm Jessica A		 LEARN MORE	
	Youth Fit Ages 7-12 3:45 - 4:30pm Maurice A	Aerial Yoga 3:30 - 4:30pm Katie Q			Introduction to Line Dancing 3:30 - 4:30pm Jessica A NEW		PERSONAL TRAINING Designed with you in mind, personal training will help you achieve your goals. Group, Team, and private weight room orientations also available.	
	TRX® Training 5:15 - 6:00pm Dave R	Cycle 5:00 - 5:45pm Jacklyn E	Cycle 5:15 - 6:00pm Karyn M	Yoga Pilates Fusion 5:00 - 6:00pm Donna T			 LEARN MORE	
Mindful Path Meditation 6:00 - 7:00pm Rachel W NEW	Glutes, Quads & Core 5:45 - 6:45pm Justin L		Arms, Back & Chest 5:45 - 6:45pm Justin L		Hatha Yoga 5:45 - 7:00pm Katie Q NEW		WEIGHT ROOM HOURS	
	Step & Sculpt 6:15 - 7:15pm Tina L	Yoga Pilates Fusion 6:15 - 7:15pm Donna T	Step & Sculpt 6:15 - 7:15pm Tina L	TBS (Total Body Strength) 6:15 - 7:15pm Karyn M	Aerial Yoga 7:15 - 8:15pm Katie Q		MONDAY - FRIDAY	SATURDAY & SUNDAY
	Introduction to Powerlifting 7:00 - 8:30pm Justin L		Introduction to Powerlifting 7:00 - 8:30pm Justin L				6:00 AM - 9:00 PM	7:00 AM - 9:00 PM
	Candlelit Yoga 7:30 - 8:30pm Julie V	Zumba 7:30 - 8:30pm Krista C	Wednesday Workout 7:30 - 8:30pm Dave R	Flow Yoga 7:30 - 8:30pm Julie V	Cycle, Core & Stretch 7:30 - 8:30pm Karyn M		Patrons 16 years and older welcome during hours of operation. *Ages 13-15 can attend with a completed Youth Weight Room Orientation	
Drop-in classes, single admission rates apply, included in Active Pass memberships.			Registered Programs, drop-in available if space permits and classes are running. See start dates & rates on back page.				Last updated: August 27, 2026	

Group Fitness Drop-in:

*Advanced Reservation is recommended up to 1 week in advance.
Regular admission rates apply.*

Drop-in Yoga

This class emphasizes stretching, coordination of breath with movement and attention to alignment. Designed to create breath awareness, enhance balance, and increase strength & flexibility, start your day stress free with yoga!

HIIT

High Intensity Interval Training is periods of short, intense exercise with recovery periods. Set your own level of intensity in this full body workout.

Shimmy, Shake & Flow

Get fired up in this mindful, yoga inspired movement flow that combines strength, flexibility & sacred feminine dance. The balance you seek is within, let's help you tap into it. All levels welcome.

Step & Sculpt

High/low impact class, includes step, cardio, strength and core exercises. All levels welcome.

Sculpt & Stretch

Build strength, endurance and flexibility in this low impact class. All levels welcome.

TBS – Total Body Strength

Strength and Endurance training using a variety of small equipment with a core and stretch component to complete this full body workout. All levels welcome.

Wednesday Workout

Enjoy a full body medium-to-high intensity circuit workout that focuses on strength and endurance. Work at your own pace in a supportive and energetic team environment. Modifications allow for all fitness levels.

Yoga Pilates Fusion

This movement based flow style class focuses on alignment, breath and core strength. Restore balance and expand awareness of the body, breath and mind in this physical practice.

Zumba®/Zumba Gold

An exhilarating, effective, Latin-inspired, calorie-burning dance fitness party. Zumba Fitness blends red-hot Latin music and contagious steps to form a fitness-party that is downright addictive. No skill required.
<GOLD> A modified version, designed specifically for active older adults and beginners.

Cycle/Cycle & Core/Stretch/Strength

<CYCLE> The ultimate indoor cycling workout combining aerobic and anaerobic exercise through drills and speed work. Build endurance and cardio in this fun class while working at your own intensity level.
<CYCLE & CORE> Build endurance and cardio on the bike and challenge your core strength with a variety of small equipment off the bike, in this motivating class.
<STRETCH> Includes 40 min Cycle, 10 min Core, & 10 min stretch.
<CYCLE & BALANCE> This beginner friendly cycle class will encourage you to ride at your own pace while learning the proper techniques. Come enjoy the group energy and positive atmosphere. All levels welcome. 25 min Cycle, 10 min Balance and Core, 10 min stretch.
<STRENGTH> May incorporate small equipment.

Registered Programs:

Drop-in available if space permits (unless specified) and classes are running.

Aerial Yoga (starts Sep 15, Sep 18) – Drop-in \$16/class

Yoga hammocks suspended from the ceiling make for a great way to build strength and decompress the spine. This unique class will be a fun experience whether you have tried yoga or not.

Candlelit Yoga (starts Sep 14, Sep 17) – Drop-in \$16/class

Wind down your evening in this slow and smooth flow class. Practicing breath, movement, and stillness to regulate the nervous system while nurturing the body, mind and soul. All levels welcome.

Chair Yoga (starts Sep 17) – Drop-in \$12/class

Chair yoga for an accessible practice for all ages and abilities. This is great for anyone with movement disorders, seniors, or those recovering from injury. Come for a gentle but challenging practice so you can leave feeling supported and more relaxed.

Dynamic & Still Yoga (starts Sep 13) – Drop-in \$16/class

Enjoy the benefits of a combination of active and passive yoga. Active yoga builds strength, balance and flexibility. Passive yoga promotes healthy connective tissue and calms the mind by slowing down, supporting the body, and holding the poses longer.

Family Fitness Circuit (starts Sep 13) – Drop-in \$12/class - NEW

Come and workout together with your whole family in this fun filled circuit style class. Improve your overall fitness with some cardio drills, strength, and endurance options as well as some balance challenges. Small equipment and bodyweight exercises will be offered. One registration per family.

Flow Yoga (starts Sep 16) – Drop-in \$16/class

Build strength and mindful body awareness as you flow from one pose to the next. In this dynamic vinyasa flow you will relax the mind as you focus on your breath, while fueling your soul mid week. All levels welcome.

Gentle Yoga (starts Sep 18) – Drop-in \$16/class

Gently build strong bones and muscles, enhance your balance and stability and stay mobile and agile. Relaxation, breath awareness and mindfulness make this practice a complete yogic experience.

Hatha Yoga (starts Sep 18) – Drop-in \$18/class - NEW

Spice up your yoga practice as you dive deeper into hatha poses. We may explore progressions for headstands and arm balances with modifications provided. Leave class feeling rejuvenated and relaxed. All levels welcome.

Heart Health & Better Bones (starts Sep 16) – Drop-in \$15/class - NEW

Build balance, strength, mobility, and flexibility through safe, functional exercises designed for everyday movement. A welcoming, class incorporating a short low-impact cardio segment, followed by stretching, balance, body weight, and light equipment work.

Introduction to Line Dancing (starts Sep 18) – Drop-in \$16/class

Grab your boots and hit the dance floor! This lively line dancing class features popular country favorites and classic dance routines. Build confidence, improve coordination, and enjoy music, movement, and fun. Barefoot dancing is permitted! All levels welcome.

Introduction to Powerlifting (starts Sep 21) – Drop-in \$16/class

Spice up your yoga practice as you dive deeper into hatha poses. We may explore progressions for headstands and arm balances with modifications provided. Leave class feeling rejuvenated and relaxed. All levels welcome.

Introduction to Running (starts Sep 9) – Drop-in \$16/class

Spice up your yoga practice as you dive deeper into hatha poses. We may explore progressions for headstands and arm balances with modifications provided. Leave class feeling rejuvenated and relaxed. All levels welcome. Whether you are brand new to running or just starting out, this 4-week clinic will give you the basics to get moving. All levels welcome.

Mindful Path Meditation (starts Sep 13) – Drop-in \$16/class - NEW

Meditation is the practice of training your mind to focus attention and achieve a state of mental clarity, emotional calm, and heightened awareness. Using breathwork, guided imagery and working in the present moment without judgement in a safe space, you will calm your mind, reduce stress, and cultivate inner peace.

Parent & Child Jumping Fitness (starts Sep 13, Sep 15) – Drop-in \$16/class

Jumping is a new low impact cardio fitness movement performed on a patented trampoline to upbeat music. This is an energetic HIIT style workout - come check it out and have loads of fun! Parents and children will take turns working and resting. Registration fee includes up to one adult and one child.

Parent & Baby Yoga (starts Sep 17) – Drop-in \$16/class

This class starts with 15 minutes of parent-led social time to allow you to share milestones and meet new parents in the community. The Yoga portion will be for all levels, leaving your body and mind feeling relaxed and nourished. Parents must be minimum six-week post partum and cleared by your medical professional.

Parent & Cycle, Core & Stretch (starts Sep 14) – Drop-in \$16/class

Build back your cardio as we ride on-the-bike for 20min, followed by Pilates based core work and then a relaxing yoga-based stretch. Baby play pens, strollers, or exer-saucers are welcome. (6 weeks post-partum is recommended). Class will start with some parent-led social time.

Pilates Beginner: Level 1 (starts Sep 14) – Drop-in \$16/class

Strengthen the core, improve flexibility and challenge the mind/body connection. You will work with the foundations of the STOTT® Pilates Method to improve your posture and prevent back injuries, while staying motivated in this multi-level class. All levels welcome.

Pilates – Level 1-2 (starts Oct 7) – Drop-in \$16/class

Build on the foundations of the STOTT® Pilates Method and challenge your core with some progressive multi-level exercises. You will discover some new muscles as your body awareness improves and your Pilates practice becomes more precise. All levels welcome.

Strength & Mobility (starts Sep 1, 2, 3, 4) – Drop-in \$12/class

Improve your strength and overall movement. This older adult friendly class includes a variety of cardio and strength building exercises using little to no equipment with some stretching at the end. All fitness levels welcome, no experience necessary. Chair option available when needed.

Therapeutic Yoga (starts Sep 14, Sep 15) – Drop in \$16/class

Enjoy nourishing movements to build strength while improving your flexibility from the ground up. Modifications are offered and yoga props are available. Breathing practices and yoga tools to help with self-care will be explored. Everyone is welcome.

TRX® Training (starts Sep14, Sep 15) – Drop in \$12/class

TRX® is also known as Total Body Resistance Exercise. A TRX® workout is about suspension training using your body weight and is basically a full body training session.

Youth Fit Ages 7-12 (starts Sep 14) – Drop in \$12/class

Love fitness through movement, play and FUN! Each unique workout is based on functional movements, reflecting the most important aspects of all sports and everyday activities.

Zumba in the Circuit (starts Sep 11) – Drop-in \$12/class

Latin-inspired dance rhythms of Zumba® combine with the benefits of metabolism-boosting strength training for one complete workout. Chair options available. Wheelchair accessible.

Weight Room Training: Arms, Back & Chest (starts Sep 16) – Drop in \$16/class

Weight Room Training: Glutes, Quads & Core (starts Sep 14) – Drop in \$16/class

Come let Justin take you through his exercise choices of the day so you don't have to think – you just have to move! Join a small group and train together to reach your goals. Machines, free weights and a variety of training techniques will be offered each week.

Weight Training Introduction (starts Sep 6, Oct 4) – Drop in \$25/class

In a small group class, led by a certified personal trainer, learn how to safely create a weight training program to help build muscle strength and endurance, while learning proper technique. 13-15 years will earn their Youth Weight Room Orientation upon completion.