

GROUP FITNESS SCHEDULE

AUGUST 2026



Effective August 1 to August 31

SCHEDULE SUBJECT TO CHANGE

View in real time online: seaparc.ca

No Class – August 3



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	OFFSITE Programs*
	Cycle 6:00 - 6:45am Jacklyn E		Cycle, Core & 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 Pilates Beginner: Level 1 5:30 – 6:30pm Candace C E. Sooke Community Hall
						Cycle & Stretch 7:30 - 8:15am Angela M	*must call Reception to register drop-in minimum 30 minutes prior to class starts.
	Cycle & Balance 8:00 - 8:45am Donna T		Strength & Mobility 8:00 - 9:00am Dave R		Strength & Mobility 8:00 - 9:00am Dave R		
Dynamic & Still Yoga 9:15 - 10:15am Deanna M	HIIT 9:15 - 10:15am Jenna K	Strength & Mobility Outdoors 9:00 - 10:00am Dave R	Wednesday Workout 9:15 - 10:15am Dave R	Strength & Mobility 9:00 - 10:00am Dave R	Friday ^{NEW} Workout 9:15 - 10:15am Jenna K/Julia M	Step & Sculpt 9:00 - 10:00am Tina L (No Class – Aug 1 & 8)	NEW! Yoga In the Park Yoga under the open sky! Led by our team of Yoga Professionals, enjoy outdoor yoga this summer at Ed McGregor Park . All levels welcome — relax, recharge, and connect with nature. Please bring your own mat.
	Therapeutic Yoga 10:30 - 11:30am Julie V	Strength & Mobility 10:15 - 11:15am Dave R		Strength & Mobility Outdoors 10:15 - 11:15am Dave R	Zumba Gold 10:30 - 11:30am Tara K ^{NEW}	Sculpt & Stretch 10:15 - 11:15am Tina L (No Class – Aug 1 & 8)	
	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			Drop-in Yoga 11:30 - 12:30pm Angela M TIME CHANGE (9:00AM – Aug 1 & 8)	
Weight Training Introduction 1:00 - 2:00pm Maurice A	Pilates Beginner: Level 1 1:00 - 2:00pm Jenna K			Chair Yoga 12:45 - 1:30pm Anthea B	ARMS, BACK & CHEST WEIGHT ROOM TRAINING Join Justin for a guided workout focused on arms, back, and chest. Train in a supportive small-group setting using machines, free weights, and a variety of exercises designed to help you reach your fitness goals – just show up and move! Wed Jul 8-Aug 26 6:00-7:00pm Ages 16+ \$104.00 Instructor: Justin L Drop-in available if space permits		July 8 - August 26 Wednesdays 6:00-7:00pm Ages 12+ \$5.00 per class Pre-Registration required
	Youth Fit Ages 7-12 3:45 - 4:30pm Maurice A						
	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			
	WR Training: Glutes, Quads & Core 6:00 - 7:00pm Justin L		Yoga In the Park Offsite ^{NEW} 6:00 - 7:00pm SEAPARC Yoga Team				
	Step & Sculpt 6:15 - 7:15pm Tina L (No Class – Aug 10)	Yoga Pilates Fusion 6:15 - 7:15pm Donna T	Step & Sculpt 6:15 - 7:15pm Tina L (No Class – Aug 12)	TBS (Total Body Strength) 6:15 - 7:15pm Karyn M			PERSONAL TRAINING Designed with you in mind, personal training will help you achieve your goals. Group, Team, and private weight room orientations also available.
	Candlelit Yoga 7:30 - 8:30pm Julie V	Zumba 7:30 - 8:30pm Krista C	Wednesday Workout 7:30 - 8:30pm Dave R	Cycle, Core & Stretch 7:30 - 8:30pm Karyn M			 LEARN MORE 

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.

WEIGHT ROOM HOURS

MONDAY - FRIDAY	SATURDAY & SUNDAY
6:00 AM – 9:00 PM	7:00 AM – 9:00 PM

Patrons 16 years and older welcome during hours of operation.
*Ages 13-15 can attend with a completed Youth Weight Room Orientation

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! Beginner Friendly!

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.

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/Friday 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®

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.

Zumba® Gold

A modified version of the original Zumba Fitness Program, designed specifically for active older adults and beginners, offering a lower-intensity workout that retains the fun & energetic atmosphere of traditional Zumba classes.

Cycle/Cycle & Balance/Cycle & Core/Stretch

<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 & 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

<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.

<CORE & STRETCH> Includes 40-min Cycle, 10-min Core, & 10-min stretch.

Registered Programs:

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

Candlelit Yoga (starts August 10) – Drop-in \$15/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 August 6) – 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.

Dynamic & Still Yoga (starts August 9) – Drop-in \$15/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.

Parent & Baby Cycle, Core & Stretch (starts July 6) – Drop-in \$15/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. All levels welcome (6 weeks post-partum is recommended). Class will start with some parent-led social time.

Pilates Beginner: Level 1 (starts July 13) – Drop-in \$15/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.

Pilates – Level 1-2 (starts July 8) – Drop-in \$15/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 July 7, 8, 9, 10) – Drop-in \$9/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 July 6) – Drop in \$15/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 August 4, 10) – Drop in \$10/class

TRX® is also known as Total Body Resistance Exercise. A TRX® workout is about suspension training using your body weight. In other words, a TRX® workout is basically a full body training session. Come join the fun and feel the benefits of this new to us system!

Weight Room Training: Arms, Back & Chest (starts July 8) – Drop in \$15/class

Join Justin for a guided workout focused on arms, back, and chest. Train in a supportive small-group setting using machines, free weights, and a variety of exercises designed to help you reach your fitness goals – just show up and move!

Weight Room Training: Glutes, Quads & Core (starts July 6) – Drop in \$15/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 (August 9)

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. A variety of equipment including machines, barbells, dumbbells, kettle bells will be introduced. 13-15 years will earn their Youth Weight Room Orientation upon completion.

Yoga in the Park (starts July 8) – Pre-Registration required \$5/class

Experience the benefits of both being outdoors and adding Yoga to your routine this summer. These all-levels classes led by our team of Yoga Professionals will leave you feeling relaxed and rejuvenated. Come move with us in the beauty of nature at **Ed McGregor Park**. Please bring your own Yoga Mat.

Youth Fit Ages 7-12 (starts July 6) – Drop in \$10/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. Learn proper form and gain strength, agility and confidence in this active alternative to sedentary after school activities. Drop ins allowed, space permitting.