

GROUP FITNESS SCHEDULE

FALL 2025



Effective September 2 – December 21

SCHEDULE SUBJECT TO CHANGE

View in real time online: seaparc.ca

No classes on Sep 30, Oct 13, Nov 11



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle ♦ 6:00 - 6:45am Jacklyn E	Mijo TotalBody <small>NEW</small> 6:30 - 7:15am Mijo Sport	Drop-in Yoga 6:15 - 7:00am Angela M	Cycle, Core & Stretch ♦ 6:15 - 7:00am Angela M	Cycle & Core ♦ 6:15 - 7:00am Jenna K	
Mom & Daughter Jumping Fitness <small>NEW</small> 8:15 - 9:00am Melinda B	Gentle Cycle & Balance ♦ 8:00 - 8:45am (starts Sep 29) Donna T		Strength & Mobility 8:00 - 9:00am Dave R		Strength & Mobility 8:00 - 9:00am Dave R	'Hottish' Yoga 8:00 - 8:45am Julie V <small>NEW</small> Family Fitness 8:15 - 9:00am Kristi S
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	Bellyfit Flow 9:15 - 10:15am Colleen D	Step & Sculpt 9:00 - 10:00am Karyn M
Barre Workout 10:30 - 11:30am (Nov 16-Dec 21) Donna T	Therapeutic Yoga 10:30 - 11:30am Julie V	Strength & Mobility 10:15 - 11:15am Dave R	Barre Workout 10:30 - 11:30am (starts Sep 24/Nov 26) Candace C	Strength & Mobility 10:15 - 11:15am Dave R	Zumba in the Circuit 10:30 - 11:30am Colleen D	Sculpt & Stretch 10:15 - 11:15am Karyn M
Rowing HIIT 11:45 - 12:45pm (Nov 16-Dec 21) Donna T	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	Parent & Baby Yoga 11:30 - 12:30pm Jazmin H Preschool Yoga 11:40 - 12:15pm Britt A		Prenatal Yoga 11:30 - 12:30pm Angela M
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 Jazmin H		Chair Yoga 12:45 - 1:30pm Julie V	Gentle Yoga 12:30 - 1:30pm Jazmin H	
	Together in Movement and Exercise (TIME) 2:15 - 3:15pm SEAPARC Staff	Aerial Yoga 2:00 - 3:00pm Katie Q	Together in Movement and Exercise (TIME) 2:15 - 3:15pm SEAPARC Staff	OFFSITE Class – Wednesdays Zumba Gold* 9:00 - 9:55am (Various Dates) Colleen D E. Sooke Comm. Hall		
	Youth Fit Ages 7-12 3:45 - 4:30pm Maurice A		Teen Weights for Girls 3:45 - 4:45pm Kristi S Youth Fit Ages 7-12 3:45 - 4:30pm Jacklyn E		Running on various dates: Sep 10, 24, Nov 5, 19, Oct 8, 22, Dec 3 & Dec 17 *must call Reception to register drop-in minimum 30 minutes prior to class starts.	
	TRX® Training 5:15 - 6:00pm Dave R	Cycle ♦ 5:00 - 5:45pm Jacklyn E	Cycle ♦ 5:15 - 6:00pm Karyn M Barre Workout 5:15 - 6:15pm Candace C	Yoga Pilates Fusion 5:00 - 6:00pm Donna T	Drop-in classes included in Active Pass. ♦ \$10.50 per class without membership (Indoor Cycling only) Registered Programs, drop-in available if space permits and classes are running. See rates on back page. Registered Programs – progression courses, drop-in NOT available. For program descriptions, visit seaparc.ca	
	Introduction to Powerlifting 6:00 - 8:00pm Justin L	Mom & Daughter Jumping Fitness <small>NEW</small> 6:00 - 6:45pm Melinda B	Introduction to Powerlifting 6:00 - 8:00pm Justin L		Aerial Yoga 6:00 - 7:00pm Katie Q	
	Step & Sculpt 6:15 - 7:15pm Karyn M	Yoga Pilates Fusion 6:15 - 7:15pm Donna T	Step & Sculpt 6:15 - 7:15pm Karyn M	(TBS)Total Body Strength 6:15 - 7:15pm Karyn M		
	Candlelit Yoga 7:30 - 8:30pm Julie V <small>NEW</small>	Zumba 7:30 - 8:30pm Krista C	TRX® Training 7:30 - 8:15pm Dave R	Cycle, Core & Stretch ♦ 7:30 - 8:30pm Karyn M		
			Mijo Boxfit <small>NEW</small> 8:00 - 8:45pm Mijo Sport			

PERSONAL TRAINING

Designed with you in mind, personal training will help you achieve your goals. Group, Team, and private weight room orientations also available.



LEARN MORE



START – END DATES

Please check the START – END Dates of **REGISTERED PROGRAMS** prior to drop-in as they differ from Active Pass class schedule. Current **Fitness and Wellness** schedule available at seaparc.ca



REGISTERED PROGRAM SCHEDULE



WEIGHT ROOM HOURS

MONDAY TO 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

Last updated: August 26, 2025

Group Fitness Drop-in:

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

Bellyfit Flow

Holistic Fitness for the Mind, Body & Soul. This 1 hour class is done entirely on your Yoga mat, it offers a seamless fusion of Yoga inspired poses, combined with Bellyfit's signature dance & fitness elements and set to an incredible, inspiring soundtrack from start to sweaty finish.

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.

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®

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.

Cycle/Cycle & Core/Stretch♦ – \$10.50/class without time-based membership

<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.

<Gentle 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.

Registered Programs:

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

Aerial Yoga (starts Sep 9, 12, Nov 4, 7) – Drop-in \$20/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.

Barre Workout (starts Sep 24, Nov 16, 26) – Drop-in \$15/class

This class mixes Barre, Pilates and Yoga for a whole body low impact workout to improve muscle tone and endurance as well as increase flexibility, balance and core conditioning.

Candlelit Yoga (starts Sep 8, Nov 3) – Drop-in \$15/class

This class mixes Barre, Pilates and Yoga for a whole body low impact workout to improve muscle tone and endurance as well as increase flexibility, balance and core conditioning.

Chair Yoga (starts Sep 11, Nov 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 Sep 2, Nov2) – 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.

Family Fitness (starts Sep 13, Nov 18) – Drop-in \$15/class

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. One registration per family.

Gentle Yoga (starts Sep 12, Nov 7) – Drop-in \$15/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.

“Hottish” Yoga (starts Sep 13, Nov 8) – 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.

Parent & Baby Yoga (starts Sep 11, Nov 6) – Drop-in \$15/class

This class is for parents looking to start or continue to grow your yoga practice while sharing it with your pre-mobile baby. Our practice 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 8, Nov 3) – Drop-in \$15/class

Build back your cardio as we ride on-the-bike for 20min, followed by 20min of 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).

Preschool Yoga (starts Sep 11, Nov 6) – Drop-in \$10/class

A yoga class to help little ones learn about the world, nature, their minds, their emotions and their bodies. This class incorporates yoga poses, breathing exercises, stories, music and fun yoga games.

Pilates – Beginner - Level 1 (starts Sep 8, Nov 3) – 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. All levels welcome.

Pilates – Level 1-2 (starts Sep 10, Nov 5) – 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.

Mijo Boxfit (starts Sep 10, Nov 5) – Drop-in \$15/class

Get ready to sweat and punch in this high-energy class that blends traditional boxing with functional fitness. Led by a certified fitness and martial arts professional, this class uses gloves and pad drills and delivers a dynamic, full-body workout in a supportive, high-intensity group setting. No experience required. Gloves/wraps available for purchase via Mijo Sport.

Mijo TotalBody (starts Sep 9, Nov 4) – Drop-in \$15/class

Join Mijo Sport to start your day with an energizing total body workout! You'll enjoy periodized training that includes strength, conditioning, stability, agility, and power training in a supportive and inclusive environment using a variety of equipment and bodyweight drills and exercises.

Mom & Daughter Jumping Fitness (starts Sep 7, 9, Nov 2, 4) – Drop-in \$15/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! Registration fee is for one adult and one child.

Strength & Mobility (starts Sep 2) – 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.

Teen Weights for Girls (starts Sep 10, Nov 5) – Drop-in \$10/class

Get comfortable in the weight room and learn how to safely and effectively build strength to get in shape, improve your sport performance and reach your fitness goals. Pre-req: 13-15 yrs must have completed the Youth Weight Room Orientation prior to start date.

Therapeutic Yoga (starts Sep 8, 9, Nov 3, 4) – 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 Sep 8, 9, 10, Nov 3, 4) – Drop in \$10/class

What is TRX® training? 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.

Youth Fit (starts Sep 8, 10, Nov 3, 4, 5) – 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.

Zumba in the Circuit (starts Sep 5, Nov 7) – Drop-in \$9/class

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