

GROUP FITNESS SCHEDULE

MAY-JUN 2026



Effective May 1 – June 30
 SCHEDULE SUBJECT TO CHANGE
 View in real time online: seaparc.ca
 No classes on May 18



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|---|
| | Cycle 6:00 - 6:45am Jacklyn E | | 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 | |
| | | | | | | Cycle & Stretch 7:30 - 8:15am Angela M |
| Mom & Daughter 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 | Teen Weights for Girls 9:00 - 10:00am 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 | Shimmy, Shake & Flow 9:15 - 10:15am Colleen D | Step & Sculpt 9:00 - 10:00am Tina L |
| Barre Workout 10:30 - 11:30am Donna T | Therapeutic Yoga 10:30 - 11:30am Julie V | Strength & Mobility 10:15 - 11:15am Dave R | Barre Workout 10:30 - 11:30am 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 Tina L |
| | 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 | | Drop-in 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 | | | Chair Yoga 12:45 - 1:30pm Katie Q | Gentle Yoga 12:30 - 1:30pm Jazmin H | |
| Hatha Yoga 3:00 - 4:15pm Katie Q | | | | | | |
| Youth Athlete Strength Training 3:45 - 4:45pm Justin L | Youth Fit Ages 7-12 3:45 - 4:30pm Maurice A | | | | Wellness Lab 3:30 - 4:30pm Jessica A <small>NEW</small> | |
| | 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 | | |
| Mindful Path Meditation 6:00 - 7:00pm Rachel W | WR Training: Glutes, Quads & Core 6:00 - 7:00pm Justin L | | WR Training: Arms, Back & Chest 6:00 - 7:00pm Justin L | | Aerial Yoga 6:00 - 7:00pm Katie Q | |
| | 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 | |
| | Candlelit Yoga 7:30 - 8:30pm Julie V | Zumba 7:30 - 8:30pm Krista C | Wednesday Workout 7:30 - 8:00pm Dave R | Cycle, Core & Stretch 7:30 - 8:30pm Karyn M | | |

| OFFSITE Programs* |
|--|
| MONDAY |
| Pilates Beginner: Level 1 5:30 – 6:30pm Candace C E. Sooke Community Hall |
| WEDNESDAY |
| Zumba Gold 9:00 – 9:45pm Colleen D (May 6, 20, Jun 3, 17) E. Sooke Community Hall |

*must call Reception to register drop-in minimum 30 minutes prior to class starts.

FITNESS WORKSHOPS

New to the weight room or looking to feel more confident? Our beginner-friendly, one-off classes – like **The Deadlift, Squat Technique, TRX Basics, Back Care, and more** – focus on proper form, safe movement, and building skills you can use right away.

LEARN MORE

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

| 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

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.

Flow Yoga
 7:30 - 8:30pm
 Julie V NEW

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®

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

<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.

Registered Programs:

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

Aerial Yoga (starts Apr 8) – Drop-in \$15/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 May 6, 10) – 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 May 4) – 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 May 7) – 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 May 10) – 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.

Flow Yoga (starts May 7) – Drop-in \$15/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 May 8) – 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.

Hatha Yoga (starts May 3) – 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.

Mindful Path Meditation (starts May 3) – Drop-in \$15/class

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 can calm your mind, reduce stress, and cultivate inner peace.

Mom & Daughter Jumping Fitness (starts May 5) – 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! Parents and children will take turns working and resting.

Parent & Baby Yoga (starts May 7) – 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 May 4) – 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).

Pilates Beginner: Level 1 (starts May 4, 25) – 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 May 6) – 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.

Strength & Mobility (starts May 5, 6, 7, 8) – 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 May 23) – Drop-in \$15/class - NEW

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 May 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.

TRX® Training (starts May 4, 5) – 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.

Youth Fit Ages 7-12 (starts May 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.

Youth Athlete Strength Training(starts May 3) – Drop in \$15/class

You will get a weight room program, learn proper form, discuss the importance of fuel and rest for optimal performance and learn some injury prevention techniques on the foam roller. Pre-req: 13-15 yrs must have completed the Youth Weight Room Orientation prior to start date.

Zumba in the Circuit (starts May 8) – 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.

Weight Room Training: Arms, Back & Chest (starts May 6) – Drop in \$15/class

Weight Room Training: Glutes, Quads & Core (starts May 4) – 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.

Wellness Lab (starts Jun 5) – Drop-in \$15/class - NEW

Wellness Lab is an experiential, movement-based wellness program where participants explore how everyday habits like movement, sleep, screen use, nutrition, nature exposure, stress regulation, and social connection impact their mental and physical health.

Weight Training Introduction (starts May 10, Jun 7)

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.