



# GROUP FITNESS DROP-IN SCHEDULE

Effective January 6 - April 30, 2025

SCHEDULE SUBJECT TO CHANGE

View in real time online: seaparc.ca

No classes on Feb 17, Apr 18, Apr 20 & Apr 21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Cycle</b> 6:00 - 6:45am Jacklyn E				<b>Cycle &amp; Core</b> 6:15 - 7:00am Jenna K	
	<b>Gentle Barre Workout</b> 8:00 - 9:00am Donna T		<b>Strength &amp; Mobility</b> 8:00 - 9:00am Dave R		<b>Strength &amp; Mobility</b> 8:00 - 9:00am Dave R	<b>Family Fitness</b> 8:30 - 9:15am Kristi S
<b>Dynamic &amp; Still Yoga</b> 9:15 - 10:15am Deanna M	<b>HIIT</b> 9:15 - 10:15am Colleen D	<b>Strength &amp; Mobility</b> 9:00 - 10:00am Dave R	<b>Wednesday Workout</b> 9:15 - 10:15am Dave R	<b>Strength &amp; Mobility</b> 9:00 - 10:00am Dave R	<b>Bellyfit Flow</b> 9:15 - 10:15am Colleen D	<b>Step &amp; Sculpt</b> 9:00 - 10:00am Tina/Karyn
				<b>Jumping Fitness</b> 9:15 - 10:00am Melinda		
<b>Barre Workout</b> 10:30 - 11:30am Donna T	<b>Therapeutic Yoga</b> 10:30 - 11:30am Tom K	<b>Strength &amp; Mobility</b> 10:15 - 11:15am Dave R	<b>Therapeutic Yoga</b> 10:30 - 11:30am Tom K	<b>Strength &amp; Mobility</b> 10:15 - 11:15am Dave R	<b>Zumba in the Circuit</b> 10:30 - 11:30am Colleen D	<b>Sculpt &amp; Stretch</b> 10:15 - 11:15am Tina/Karyn
<b>Rowing HIIT</b> 11:50 - 12:50pm (starts Jan 19) Donna T	<b>Parent &amp; Baby Pilates</b> 11:45 - 12:45pm Jenn S	<b>TRX® Training</b> 11:30 - 12:15pm Dave R	<b>Pilates Level 1-2</b> 11:45 - 12:45pm Jenna K	<b>Parent &amp; Baby Yoga</b> 11:30 - 12:30pm Jenn S	<b>Gentle Yoga</b> 12:30 - 1:30pm Tara N	
		<b>Preschool Yoga</b> 11:40 - 12:15pm Britt A				
<b>Family Yoga</b> 2:00 - 2:45pm Julie V	<b>Pilates - Beginner Level 1</b> 1:00 - 2:00pm Jenna K	<b>Hatha Yoga</b> 12:30 - 1:30pm Tara N	<b>Pilates - Beginner Level 1</b> 1:15 - 2:15pm Jenna K Shirley CH	<b>Chair Yoga</b> 12:45 - 1:30pm Jenn S	<b>Teen Yoga</b> 12:30 - 1:30pm Julie V	
	<b>Kids Yoga Ages 5-9</b> 4:00 - 4:45pm Jenn S		<b>Youth Fit Ages 7-12</b> 3:45 - 4:30pm Jacklyn E			
<b>Prenatal Yoga</b> 5:15 - 6:15pm Jenn S	<b>TRX® Training</b> 5:15 - 6:00pm Dave R	<b>Cycle</b> 5:00 - 5:45pm Jacklyn E	<b>Cycle</b> 5:15 - 6:00pm Karyn M	<b>Yoga Pilates Fusion</b> 5:00 - 6:00pm Donna T		
			<b>Move and Groove Dance</b> 5:15 - 6:15pm Candace C			
	<b>Step &amp; Sculpt</b> 6:15 - 7:15pm Tina L	<b>Yoga Pilates Fusion</b> 6:15 - 7:15pm Donna T	<b>Step &amp; Sculpt</b> 6:15 - 7:15pm Tina	<b>TBS</b> 6:15 - 7:15pm Karyn/Donna		
	<b>Move &amp; Restore Yoga</b> 7:30 - 8:30pm Karla S	<b>Zumba</b> 7:30 - 8:30pm (starts Jan 14) Colleen D	<b>Jumping Fitness</b> 6:45 - 7:30pm Melinda	<b>Bellyfit</b> 7:30 - 8:30pm (starts Jan 16) Colleen D		
			<b>TRX® Training</b> 7:30 - 8:15pm Dave R	<b>Cycle, Core &amp; Stretch</b> 7:30 - 8:30pm 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.



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/program/s/adult](http://seaparc.ca/program/s/adult)



PROGRAM SCHEDULE



Drop-in classes included in Active Pass. ♦ \$10.50 per class without membership. (Indoor Cycling only)  
Registered Programs, drop-in available if space permits. See rates on back page.  
OFFSITE - must call Reception to register drop-in minimum 30 minutes prior to class starts.

## 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

SCAN TO VIEW LIVE FITNESS SCHEDULE



# Group Fitness Drop-in:

*Advanced Reservation is recommended up to 1 week in advance.*

*Regular admission rates apply.*

## Bellyfit

A perfect fusion of Belly dance inspired moves set to incredible music, cardio, functional fitness and mindfulness.

## Bellyfit Flow

Holistic Fitness for the Mind, Body & Soul. This 1-hour class is done entirely on your Yoga mat, and 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.

## Hatha Yoga

A balanced practice that will include intelligent sequences, detailed postures and time for a calming breath practice. Develop more awareness, strength, and flexibility through Hatha 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.

## Monday/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.

## 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/

<Stretch> Includes 40 min Cycle, 10 min Core, & 10 min stretch.

# Registered Programs:

*Drop-in available if space permits (unless specified)*

## BARRE Workout (starts Jan 12) – 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 Jan 9) – 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 Jan 12) – 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.

## Family Fitness (starts Jan 11) – Drop-in \$10/class

Come and workout together with your whole family in this fun filled circuit style class.

## Family Yoga (starts Jan 12) – Drop-in \$10/class

Come and stretch together with your whole family in this Family Yoga class. Improve your overall health as you learn some breathing techniques and a variety of yoga poses.

## Gentle BARRE Workout (starts Jan 6) – Drop-in \$15/class

This functional movement class will use the Ballet Barre for standing strength and balance exercises suited for the older adult. Gentle Pilates and Yoga moves will be incorporated to build on flexibility while low impact moves will help increase bone density.

## Gentle Yoga (starts Jan 10) – 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

## Jumping Fitness (starts Jan 8 & 9) – 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!

## Kid Yoga (starts Jan 6) – Drop-in \$9/class

Introduce yoga and mindfulness in a fun and playful way. Use yoga poses and creative movements to go on adventures on the mat and learn strategies to calm the body and mind.

## Move & Restore Yoga (starts Jan 6)– Drop-in \$15/class

This class begins with gentle movement of the body and ends with long restorative poses. Open to all levels, this class is great for people who are new to yoga, as well as athletes looking for something to complement their training. It is a very accessible practice that helps to promote facial opening, circulation, relaxation, and healing. Come join for a relaxing end to your week.

## Move & Groove Dance Class (starts Jan 8)– Drop-in \$15/class

Ready to dance, get fit, and feel fabulous? This unique workout blends Barre, Pilates, and a variety of dance styles including ballet, jazz, Cabaret, sass, and showgirl techniques! Get Fit, Have Fun, and Unleash Your Inner Diva!

## Parent & Baby Pilates (starts Jan 6) – Drop-in \$15/class

Experience the transformative power of Pilates, a body-strengthening exercise method that focuses on enhancing core strength. Join our community of moms where you can feel confident, comfortable, and enjoy movement while bonding with your little one. All levels welcome.

## Parent & Baby Yoga (starts Jan 9) – 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. This will be an inclusive environment, and a safe space for feeding, changing and tending to your little one. There will be time to move and connect with one another in this community.

## Prenatal Yoga (starts Jan 12) – Drop-in \$15/class

Stay healthy throughout your pregnancy, build a deeper connection with your baby, and remain flexible and strong to help prepare for labour, birth and beyond. Each class includes safe poses for each trimester, deep breathing, relaxation, and meditation. Please get clearance from your care provider if you are dealing with any medical issues.

## Preschool Yoga (starts Jan 7) – Drop-in \$10/class

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 Jan 6 & Jan 15) – 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 Jan 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.

## Rowing HIIT (starts Jan 19) – Drop-in \$25/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.

## Strength & Mobility (starts Jan 7) – 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 Yoga (starts Jan 10) – Drop in \$10/class

Build confidence, de-stress, and learn some breathing techniques to help manage the demand of being a teen in today's world. This unique Yoga class, just for teens will have a variety of yoga poses and relaxation techniques to build on a solid yoga practice and work on flexibility. All levels welcome.

## Therapeutic Yoga (starts Jan 6 & Jan 8) – 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 Jan 6, Jan 7, & Jan 8) – 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. Come join the fun and feel the benefits of this new to us system!

## Zumba in the Circuit (starts Jan 10) – 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.