



Strollin' Around

An outdoor, stroller-based fitness program designed with the needs of parents and babies in mind. Our unique approach lets you spend valuable time with your baby while getting in shape and meeting other parents. Our fitness leader will lead you through cardio and resistance training that will enable you to improve your overall health and appearance. Meet outside of SEAPARC, rain or shine.

Location: SEAPARC Leisure Complex

15673	W	10:30am-11:30am	Apr 4-May 9	6/\$36
15674	W	10:30am-11:30am	May 16-Jun 20	6/\$36

Walking - Community Adult Walks

16+yrs

Together let's discover Sooke's finest walking trails and destinations on the West Coast. Enjoy gentle exercise with fresh ocean air, tranquility and friendly chatter with Laura Smith and other walkers. Suitable for all walking abilities. Bring bells, whistles, plenty of H2O and suitable walking shoes or runners. We will be walking, rain or shine.

15659	Tu,Th	10:00am-11:00am	Jan 10-Mar 15	Free
15660	Tu,Th	10:00am-11:00am	Mar 27-May 31	Free

INSPIRATIONAL HIKES

Trail Leader: Rick Armour

Join us for these popular weekend hikes. An experienced leader will take you on moderate/difficult hikes at a different location each trip. Wear proper footwear and dress suitably for the weather. Bring water and light trail snacks. Registration is required. No drop-ins, please.

Mt. Quimper

Our hike starts at the top of Harbour View Road in the parking lot. We will follow the old road for about an hour and then hike up the trail to the backside of Mt. Quimper arriving at the Fire Lookout Tower.

15661	Su	9:00am-1:00pm	Apr 29	1/\$8
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Matterhorn

Our hike will start at the old French Beach Store parking lot and continue up the logging road to the clear cut. Here we will head up the trail to a very nice view of the Juan de Fuca Strait and the Olympic Peninsula. The trail grade is moderate to difficult at the top section with a rope ladder. An easier route can be taken.

15662	Su	9:00am-1:00pm	May 27	1/\$8
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Mt. Empress

Our hike starts about 1 km from the Sooke Potholes parking lot. There may be a fee to park. Car pooling is recommended. This will be a long hike so plenty of food/water and the proper footwear is a must. Enjoy the 360 degrees view from the top!

15663	Su	9:00am-1:00pm	Jun 24	1/\$8
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Adult Fitness

Yoga for Runners

A class for runners or sports enthusiasts who use running as a key skill (this includes all runners, joggers, walkers, or athletes that use running as a skill). Clients will enjoy revitalizing stretches to key muscle groups as well as stabilizing exercises for key joints. Common injuries that runners can attain will be addressed. No prior yoga experience is necessary. No classes March 19, April 9, and May 21.

Location: SEAPARC Leisure Complex

15642	M	8:30pm- 9:30pm	Jan 9-Feb 27	8/\$72
15643	M	8:30pm- 9:30pm	Mar 5-Apr 30	7/\$63
15644	M	8:30pm- 9:30pm	May 7-Jun 25	7/\$63

Pilates Fusion

14+yrs

This challenging flow class of Yoga & Pilates exercises will sculpt, tone, and tighten up the body. Focusing on the core, joints, breath, stretching while strengthening the whole body with movement. Take the Fusion challenge! No class March 22.

Location: SEAPARC Leisure Complex

15636	Th	6:00pm- 7:00pm	Jan 12-Mar 8	9/\$81
15637	Th	6:00pm- 7:00pm	Mar 15-May 3	8/\$72
15638	Th	6:00pm- 7:00pm	May 10-Jun 28	8/\$72

Rise and Shine Boot Camp

Bored of your fitness routine? Need some results? Join Nancy Parkinson and get an ABS salute full body workout that changes every time so your body will change too. It will strengthen your muscles, get rid of excess body fat, improve your core, flexibility and cardio. No class March 22.

Location: SEAPARC Leisure Complex

15664	Tu, Th	6:45am- 7:45am	Jan 10-Jan 31	7/\$59.50
15665	Th, Tu	6:45am- 7:45am	Feb 2-Feb 28	8/\$68
15666	Th, Tu	6:45am- 7:45am	Mar 1-Mar 29	9/\$76.50
15667	Tu, Th	6:45am- 7:45am	Apr 3-Apr 26	8/\$68
15668	Tu, Th	6:45am- 7:45am	May 1-May 31	10/\$85
15669	Tu, Th	6:45am- 7:45am	Jun 5-Jun 28	8/\$68

Nia Dance Fusion

14+yrs

A spirited joyful wellness workout for all fitness levels, ages and body types. Blissful, sweaty, fun that will completely change how you feel about your body and about exercise. A fusion of the Dance, Martial, and Health Arts. Such as yoga, Nia is performed barefoot to music from around the world.

Location: SEAPARC Leisure Complex

15670	Tu	7:00pm- 8:00pm	Jan 17-Mar 13	9/\$90
15671	Tu	7:00pm- 8:00pm	Mar 27-May 22	9/\$90



THE 23RD ANNUAL TC 10K

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RUN • WALK • APRIL 29, 2012

TC10K Training Clinics

Plan to participate in the 2012 TC10K walk or run event? This clinic will help you prepare for the TC10K on Sunday, April 29, 2012. Your 14 week training program includes a graduated plan for walkers or runners of all levels, expert training tips and the support and encouragement of experienced leaders. Guest speakers will cover a variety of topics such as footwear, nutrition, hydration, injury prevention and cross training. As part of your registration package, you'll receive a training manual/logbook, technical training shirt and use of SEAPARC Leisure Complex pool on clinic training days.

Location: SEAPARC Leisure Complex

15672	Su	9:00am-10:30am	Jan 22-Apr 22	14/\$120
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MIJO Fighting Fit

This high intensity class uses the principles of boxing and the methods of functional training to bring participants a challenging and rewarding workout. The class uses boxing inspired drills (including hitting focus mitts), bodyweight exercises, cardio drills and core stability training to provide a well-balanced workout. Gloves are required and can be purchased through MIJO Sport for \$45. No class Mar. 21.

Location: SEAPARC Leisure Complex

15639	W	7:15pm-8:15pm	Jan 11-Feb 29	8/\$80
15640	W	7:15pm-8:15pm	Mar 7-May 2	8/\$80
15641	W	7:15pm-8:15pm	May 9-Jun 27	8/\$80

MIJO Box Fit

Fast paced and fun, MIJO Boxfit is sure to make you sweat with challenging sequences and combinations! Combining the principles of punching and kicking with cardio and bodyweight exercises this class is an excellent workout for all fitness levels. No gloves required, punching and kicking are only done in the air. No classes Mar. 19, Apr. 9 & May 21.

Location: SEAPARC Leisure Complex

15722	M	7:15pm- 8:15pm	Jan 9-Feb 27	8/\$80
15723	M	7:15pm- 8:15pm	Mar 5-Apr 30	7/\$70
15724	M	7:15pm- 8:15pm	May 7-Jun 25	7/\$70

ACTIVE AGING

Wellness Through Movement

Relaxed atmosphere to promote and encourage better health, heighten energy, relieve stress and control blood pressure. Stretching and slow movements allow the body to heat up without straining or overly perspiring, opening joints so energy can flow unimpeded. No class Mar. 20.

Location: SEAPARC Leisure Complex

15655	Tu	10:00am-11:00am	Jan 10-Feb 28	8/\$80
15656	Tu	10:00am-11:00am	Mar 6-May 1	8/\$80
15657	Tu	10:00am-11:00am	May 8-Jun 26	8/\$80

Strength & Mobility

50+yrs

Energy + Vitality + Functional Fitness = Active aging! This program will improve your strength and overall movement and is designed for participants 50+. We will focus on a variety of exercises using resistance bands, free weights and BOSU stability balls to strengthen muscles, develop stability and improve balance. A little light stretching completes your class. All fitness levels welcome, no experience necessary. Register for the program or pay a drop-in fee of \$6.35 (including HST).

No classes Mar. 20 & 22.

Tuesdays

15693	Tu	9:00am-10:00am	Jan 10-Feb 28	8/\$40
15694	Tu	9:00am-10:00am	Mar 6-May 1	8/\$40
15695	Tu	9:00am-10:00am	May 8-Jun 26	8/\$40

Thursdays

15687	Th	9:00am-10:00am	Jan 12-Mar 1	8/\$40
15688	Th	9:00am-10:00am	Mar 8-May 3	8/\$40
15689	Th	9:00am-10:00am	May 10-Jun 28	8/\$40

DANCE

Social Ballroom Level 1

An introduction to the most popular ballroom dances including Waltz, Tango, Foxtrot, Jive, Cha Cha & Rhumba. A great way to combine fun, fitness and socializing. This is an activity that you can enjoy for the rest of your life as many of our social occasions include opportunities to dance. Designed for beginners or those wishing to review their basic steps. Couples and singles welcome, although even numbers cannot be guaranteed.

15675	F	6:45pm- 7:45pm	Jan 13-Mar 16	10/\$95
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Social Ballroom Level 2

If you have completed a beginner level Social Ballroom dance class and are familiar with a few basic steps, then this class is designed for you. The basic steps will be reviewed and then new figures will be added in the most popular dances, along with style and technique tips to help you look and feel your best on the dance floor. Just in time for the Holiday Season with all those special events and parties that include music and dancing. It is recommended to sign up with a partner and an ideal activity for couples to enjoy together. No class April 6.

15676	F	6:45pm- 7:45pm	Mar 30-Jun 8	10/\$95
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