

Fitness Schedule

SEAPARC Fitness Schedule

September - December 2011 *Schedule subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Rise & Shine Boot Camp 6:45 - 7:45pm *Registered Drop-in (Flex Reg)		Rise & Shine Boot Camp 6:45 - 7:45pm *Registered Drop-in (Flex Reg)		
Cardio Fit 9:00 - 10:00am Drop-in only		Cardio Fit 9:00 - 10:00am Drop-in only	Strength & Mobility 9:00 - 10:00am Registered Drop-in (Flex Reg)	Cardio Fit 9:00 - 10:00am Drop-in only	Cardio Fit 9:00 - 10:00am Drop-in only
Total Body 6:00 - 7:00pm Drop-in only		Total Body 6:00 - 7:00pm Drop-in only			

No daytime classes during Pro D Days (Sept. 19, Oct. 21, Nov. 25).

No classes Statutory Holidays and long weekends (Oct. 8 & 10, Nov. 11 & 12).

Drop In

Total Body: Work your entire body using resistance tubing, weights, bodybars, and stability balls. If you like variety and strength training this is the class for you!

Cardio Fit: Give your energy a boost in this high/low impact class. All levels welcome.

Strength & Mobility (50+): A variety of exercises to strengthen muscles, develop stability and improve balance. All fitness levels welcome, no experience necessary. *Flex-Reg Drop-in Fee is \$5.67 + HST (SEAPARC pass not valid)

Rise & Shine Boot Camp: Get a full body workout in this early morning class. Strengthen your muscles, get rid of excess body fat, improve your core, improve your flexibility and improve your cardio. *Flex-Reg Drop-in Fee is \$10 + HST (SEAPARC pass not valid).

Personal Weight & Fitness Training

Pick up your personal training client package from the SEAPARC reception desk today!

We will contact you within 72 hours of receiving your package to set up your personal training sessions.

Please call

250-642-8000

if you have any questions.

Private (1hour)

3 sessions: \$111.00

6 sessions: \$222.00

12 sessions: \$444.00

Semi-private (1hour)

3 sessions: \$164.00 per couple

6 sessions: \$309.00 per couple

See pages 13 - 14 for registered fitness programs.

