

# SEAPARC Leisure Complex – Fitness Schedule September 8-December 19, 2020

Book your visit online [www.seaparc.ca](http://www.seaparc.ca) or by phone 250.642.8000.

Reserve your spot up to two weeks in advance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycling Morning Sessions	Indoor Cycling 6:15-7:00am <i>Instructor: Jacklyn</i>		Indoor Cycling 6:15-7:00am <i>Instructor: Jacklyn</i>			
	Indoor Cycling 7:30-8:15am <i>Instructor: Jacklyn</i>		Indoor Cycling 7:30-8:15am <i>Instructor: Jacklyn</i>			
Indoor Cycling Evening Sessions		Indoor Cycling 6:15-7:00pm <i>Instructor: Donna</i>		Indoor Cycling 5:00-5:45pm <i>Instructor: Jacklyn</i>		
Group Fitness Morning Sessions	HIIT 9:30-10:30am <i>Instructor: Colleen</i>		Total Body Training 8:45-9:45am <i>Instructor: Dave</i>			Athletic Step 9:00-10:00am <i>Instructor: Tina</i>
Group Fitness Evening Sessions	Athletic Step 6:15-7:15pm <i>Instructor: Tina</i>	Zumba® Fitness 7:00-8:00pm <i>Instructor: Colleen</i>	Athletic Step 6:15-7:15pm <i>Instructor: Tina</i>	Zumba® Fitness 7:00-8:00pm <i>Instructor: Colleen</i>		
Yoga & Pilates		Yoga for Aging Bodies 10:30-11:45am *Outdoors Last class Sep 29 <i>Instructor: Anthea</i>		Yoga Pilates Fusion 5:30-6:30pm <i>Instructor: Donna</i>	Yoga Basics 10:30-11:45am *Outdoors Last class Oct 2 <i>Instructor: Anthea</i>	

\* These are registered classes, drop-in ONLY if class is running and space permits, \$14.50/class

\*\* Indoor Cycling is a premium drop-in class, \$10/class



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## General Facility Access Information

Signage is posted reminding users to observe health and safety precautions and follow best practices for physical distancing. These measures will help to ensure a safe space for all. Users are expected to continue to adhere to public health guidelines which includes:

- Arrive no earlier than 5 minutes prior to your class start time
- Check in with reception when you arrive at the facility prior to accessing the fitness studio.
- Wash or sanitize your hands before and after your visit
- Clean equipment before and after use with disinfectant and towel provided
- Keep a 2 metre distance from others at all times where possible
- Do not use the facilities or attend activities if you are sick or feeling unwell
- Stay home if you have traveled in the past 14 days OR if someone in your household is sick outside of Canada
- Cover your cough and sneeze into your sleeve or tissue
- Do not loiter in the facility or on the grounds before or after your visit
- Adhere to facility Code of Conduct
- Be patient and considerate of others
- **24 hours' notice is required to cancel a reservation**

## Fitness Class Descriptions

### Athletic Step

High/low impact class, includes step, cardio, strength and core exercises. All levels welcome.

### Indoor Cycling

Open to all abilities, whether it is your first time or you are an experienced rider. 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. \$10/class

## Fitness Class Descriptions Continued...

### HIIT

High Intensity Interval Training is periods of short, intense anaerobic exercise with less-intense recovery periods. This intensive style of training stresses the muscles and cardiovascular system in a short period of time, forcing it to adapt by improving anaerobic and aerobic capacity and boosting metabolism. Set your own level of intensity in this full body workout.

### Total Body Training

This class involves both strength and cardio exercise designed to build your cardiovascular fitness while improving muscular strength and endurance. The workout changes each week in-order to target all major muscles groups in a variety of ways. You will be utilizing a mix of free weights, resistance bands, med balls, weighted bars, steps and BOSU balls. It is adaptable for a beginner to a fitness fanatic- as you set your own bar for how hard you want to push!

### Yoga Pilates Fusion

Pilates Yoga Fusion is an integrated class of Pilates and Yoga practices with mat work and an emphasis on challenging core work.

### Zumba® Fitness

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.

