



Aerobics & Yoga Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 7:00am-8:00am (wellness) with Linda	Aqua Conditioning 7:45am-8:45am (wellness) with Julie	Aqua Fit 7:00am-8:00am (wellness) with Linda	Aqua Conditioning 7:45am-8:45am (wellness) with Julie	Aqua Fit 7:30am-8:30am (wellness) with Linda	Weekend Warrior 8:00am-9:00am (deep) with Brenda
Dry Land Yoga* 8:30am-9:30am (dry land: Olympic Room) with Dina	Hatha Yoga* 10:00am-11:00am (dry land: Olympic Room) with Steve	Dry Land Yoga* 8:30am-9:30am (dry land: Olympic Room) with Dina			Pilates 8:15am-9:15am (dry land: Harbor Room) with Aubry
Body Sculpt 9:45am-10:45am (deep water) with Victoria	Balance & Stability* 9:45am-10:45am (wellness) with Leah	Balance & Stability* 9:45am-10:45am (wellness) with Victoria	Balance & Stability* 9:45am-10:45am (wellness) with Leah	Balance & Stability* 9:45am-10:45am (wellness) with Victoria	Dance Party! 9:30am-10:30am (wellness) with Victoria
Core Power! 11:00am-11:45am (dry land: Olympic Room) with Elyse	Cardio Energizer* 11:45am-12:45pm (wellness) with Elyse	Aqua Yoga* 11:00am-12:00pm (wellness: 1/29-3/5) with Anna	Cardio Energizer* 11:45am-12:45pm (wellness) with Elyse	Dry Land Yoga* 10:00am-11:00am (dry land: Olympic Room) with Steve or Dina	
Dry Land Yoga* 6:00pm-7:00pm (dry land: Harbor Room) with Bianca		Dry Land Yoga* 6:00pm-7:00pm (dry land: Harbor Room) with Chad			
	Kickin' Booty 7pm - 8pm (deep)		Kickin' Booty 7pm - 8pm (deep)		Updated 1/29/25

Class Capacity: Wellness Pool - 25
 River/Dry Land Yoga/Olympic Room - 15
 Deep/Aqua Yoga - 20; Aqua Fit - 10
 Harbor Room - 25

*** Pre-register @ Front Desk or online at**
<https://www.sacpa.org/exercise-therapy-classes>

(360) 775-2119
www.sacpa.org