

# Shore Aquatic Center

## Aerobics & Yoga Schedule

**Class Capacity:** Wellness Pool -25  
 Dry Land Yoga/Olympic Room-15  
 Deep/Gentle Aqua Yoga-20  
 Aqua Fit- 10



SHORE  
AQUATIC CENTER

(360) 775-2119  
www.sacpa.org

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am Aqua Fit -wellness pool <b>No class 7/15 or 7/22</b>	7:45am-8:45am Aqua Conditioning (wellness pool)	7:00am-8:00am Aqua Fit - wellness pool <b>No class 7/10, 7/17 or 7/24</b>	7:45am-8:45am Aqua Conditioning (wellness pool)	7:30am-8:30am Aqua Fit - wellness pool <b>No class 7/12 or 7/19</b>	8:15am-9:15am Pilates* (Harbor Room)
Linda	Julie	Linda	Julie	Linda	Aubry
8:30am-9:30am Dry Land Yoga* (Olympic Room)	10:00am-11:00am Dry Land Hatha Yoga* (Olympic Room)	8:30am-9:30am Dry Land Yoga* (Olympic Room)	8:30am-9:30am LYT Yoga* (Olympic Room)		9:30am-10:30am Dry Land Yoga* (Harbor Room)
Dina	Steve	Dina	Ann		Chad or Bianca
9:45am-10:45am Body Sculpt (deep)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Dance Party! (wellness pool)
Victoria	Leah	Victoria	Leah	Victoria	Victoria
11:15am-12-15am Aqua Yoga* (wellness pool)	11:45am-12:45pm Cardio Energizer* (wellness pool)	10:00am-11:00 am Chair Yoga* (Olympic Room)	11:45am-12:45pm Cardio Energizer* (wellness pool)	10:00am-11:00am Dry Land Yoga* (Olympic Room)	
Anna	Elyse	Bianca	Elyse	Dina or Steve	
6:00pm-7:00pm Dry Land Yoga* (Harbor Room)	6:00pm-7:00pm Pilates* (Harbor Room)	6:00pm-7:00pm Dry Land Yoga* (Harbor Room)	6:00pm-7:15pm Audrey's Restorative Yoga* (Harbor Room)	6:00pm-7:00pm High Fitness* (Harbor Room)	
Chad	Aubry	Chad	Audrey	Michaela	
			6:45pm-7:45pm Kickin' Booty* (deep end)		Updated 7/3/2024
			Wendy		