

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
Morning Yoga* 8:30am-9:30am (Olympic Room) with Dina	Hatha Yoga* 10:00am-11:00am (Olympic Room) with Steve	Morning Yoga* 8:30am-9:30am (Olympic Room) with Dina		Morning Yoga* 10:00am-11:00am (Olympic Room) with Steve/Dina	Pilates 9:00am-10:00am (Harbor Room) with Aubry
Body Sculpt* 9:45am-10:45am (Deep) with Victoria	Balance & Stability* 9:45am-10:45am (Wellness) with Leah	Midweek Aqua Boost* 9:45am-10:45am (Deep) with Brenda Beginning 09/09/26	Balance & Stability* 9:45am-10:45am (Wellness) with Leah	Balance & Stability* 9:45am-10:45am (Wellness) with Victoria	Sunshine Saturday! 9:30am-10:30am (Wellness) with Sheriann
Balance & Stability* 11:45am-12:45pm (Wellness) with Leah Beginning 10/05/26	Cardio Energizer* 11:45am-12:45pm (Wellness) with Elyse	Balance & Stability* 11:45am-12:45pm (Wellness) with Victoria Time Update 09/09/26	Cardio Energizer* 11:45am-12:45pm (Wellness) with Elyse	Aqua Yoga* 11:00am-12:00pm (Wellness) with Anna ONLY 10/09/26-11/20/26	
Evening Yoga* 6:00pm-7:00pm (Harbor Room) with Chad	Pilates 6:00pm-7:00pm (Harbor Room) with Aubry	Evening Yoga* 6:00pm-7:00pm (Harbor Room) with Chad			Updated 8/24/2026

All classes are covered under the 12-Visit, Annual or Monthly-Billed Memberships. Without a membership, each class is a flat rate of \$7.50.
Please sign in AND scan in for class, if you have a membership. If paying in cash/card, you may ask for receipt verification.

Register for all classes at Front Desk or online: sacpa.org/exercise-therapy-classes

Registration opens at **8am, Mondays** for the following week's classes.

*** \$1 No show fee applies- Please call for class cancellations**

Class Capacity:

Wellness Pool - 25 - Deep Pool - 20
Olympic Room - 15 - Harbor Room - 20