



# Aerobics & Yoga Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Fit</b> 7:00am-8:00am <i>(wellness)</i> with Linda	<b>Aqua Conditioning</b> 7:45am-8:45am <i>(wellness)</i> with Julie	<b>Aqua Fit</b> 7:00am-8:00am <i>(wellness)</i> with Linda	<b>Aqua Conditioning</b> 7:45am-8:45am <i>(wellness)</i> with Julie	<b>Aqua Fit</b> 7:30am-8:30am <i>(wellness)</i> with Linda	<b>Weekend Warrior</b> 8:00am-9:00am <i>(deep)</i> with Brenda
<b>Dry Land Yoga*</b> 8:30am-9:30am <i>(dry land: Olympic Room)</i> with Dina	<b>Hatha Yoga*</b> 10:00am-11:00am <i>(dry land: Olympic Room)</i> with Steve	<b>Dry Land Yoga*</b> 8:30am-9:30am <i>(dry land: Olympic Room)</i> with Dina	<b>Balance &amp; Stability*</b> 9:45am-10:45am <i>(wellness)</i> with Victoria	<b>Balance &amp; Stability*</b> 9:45am-10:45am <i>(wellness)</i> with Victoria	<b>Pilates</b> 8:15am-9:15am <i>(dry land: Harbor Room)</i> with Aubry
<b>Body Sculpt</b> 9:45am-10:45am <i>(deep)</i> with Victoria	<b>Balance &amp; Stability*</b> 9:45am-10:45am <i>(wellness)</i> with Leah	<b>Balance &amp; Stability*</b> 9:45am-10:45am <i>(wellness)</i> with Victoria	<b>Balance &amp; Stability*</b> 9:45am-10:45am <i>(wellness)</i> with Leah	<b>Balance &amp; Stability*</b> 9:45am-10:45am <i>(wellness)</i> with Victoria	<b>Dance Party!</b> 9:30am-10:30am <i>(wellness)</i> with Victoria
<b>Core Power!</b> 11:00am-11:45am <i>(dry land: Olympic Room)</i> with Elyse	<b>Cardio Energizer*</b> 11:45am-12:45pm <i>(wellness)</i> with Elyse	<b>Chair Yoga</b> 10:00am - 11:00am <i>(dry land: Olympic Room)</i> with Bianca	<b>Cardio Energizer*</b> 11:45am-12:45pm <i>(wellness)</i> with Elyse	<b>Dry Land Yoga*</b> 10:00am-11:00am <i>(dry land: Olympic Room)</i> with Steve or Dina	<b>Saturday Yoga*</b> 9:30am-10:30am <i>(dry land: Harbor Room)</i> with Chad or Bianca
<b>Dry Land Yoga*</b> 6:00pm-7:00pm <i>(dry land: Harbor Room)</i> with Bianca	<b>Pilates</b> 6:00pm-7:00pm <i>(dry land: Harbor Room)</i> with Aubry	<b>Aqua Yoga</b> 11:00am - 12:00pm <i>(wellness)</i> (11/20-12/18) with Anna	<b>Audrey's Yoga Flow</b> 6:00pm-7:00pm <i>(dry land: Harbor Room)</i> with Audrey		
	<b>Kickin' Booty</b> 7pm - 8pm <i>(deep)</i> with Jennifer	<b>Dry Land Yoga*</b> 6:00pm-7:00pm <i>(dry land: Harbor Room)</i> with Chad	<b>Kickin' Booty</b> 7pm - 8pm <i>(deep)</i> with Wendy		

Updated  
11/12/24

**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