

Shore Aquatic Center

Aerobics

& Yoga Schedule

+ **Capacity:** Wellness-25
 River/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 for All Yoga Classes, Balance & Stability and Cardio Energizer (Tu/Th Only)*

+ **Gentle Aqua Yoga starts Sep. 14th-Oct.19th (9/19 **only** class is on Tuesday)- 6-week session*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am Aqua Fit (wellness)	7:45am-8:45am Aqua Conditioning (wellness)	7:00am-8:00am Aqua Fit (wellness)	7:45am-8:45am Aqua Conditioning (wellness)	7:00am-8:00am River Fit (river)	
Linda	Julie H	Linda	Julie H	Linda	
8:30am-9:30am Dry Land Yoga* (Olympic Room)		8:30am-9:30am Dry Land Yoga* (Olympic Room)	10:30am-11:30am Gentle Aqua Yoga* (wellness)(6-week session)		8:00am-9:00am Weekend Warrior (deep)
Dina		Dina	Anna M		Jennifer
9:45am-10:45am Body Sculpt (deep)	9:45am-10:45am Balance & Stability* (wellness)	9:45am-10:45am Balance & Stability* (wellness)	11:45am-12:45pm Cardio Energizer* (wellness)	9:45am-10:45am Balance & Stability* (wellness)	9:30am-10:30am Power Hour (wellness)
Victoria B	Leah	Victoria B	Elyse G	Victoria B	Victoria B
11:00am-11:45am Mid Day Abs (Olympic Room)	11:45am-12:45pm Cardio Energizer* (wellness)		1:00pm-2:00pm Balance & Stability* (wellness)		
Elyse G	Elyse G		Leah		
6:00pm-7:00pm Dry Land Yoga* (Harbor Room)	6:45pm-7:45pm Kickin' Booty (deep)	6:00pm-7:00pm Dry Land Yoga* (Harbor Room)	6:45pm-7:45pm Kickin' Booty (deep)		
Chad	Jennifer	Chad	Wendy		
			6:00pm-7:15pm Restore Yoga* (Harbor Room)		
			Nadine		