



# Aerobics & Yoga Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Fit</b> 7:00am-8:00am (wellness) with Linda	<b>Aqua Conditioning</b> 7:45am-8:45am (wellness) with Julie	<b>Aqua Fit</b> 7:00am-8:00am (wellness) with Linda	<b>Aqua Conditioning</b> 7:45am-8:45am (wellness) with Julie	<b>Aqua Fit</b> 7:30am-8:30am (wellness) with Linda	<b>Weekend Warrior</b> 8:00am-9:00am (deep) with Brenda
<b>Dry Land Yoga*</b> 8:30am-9:30am (dry land: Olympic Room) with Dina	<b>Hatha Yoga*</b> 10:00am-11:00am (dry land: Olympic Room) with Steve	<b>Dry Land Yoga*</b> 8:30am-9:30am (dry land: Olympic Room) with Dina			<b>Pilates</b> 8:15am-9:15am (dry land: Harbor Room) with Aubry
<b>Body Sculpt</b> 9:45am-10:45am (deep) with Victoria	<b>Balance &amp; Stability*</b> 9:45am-10:45am (wellness) with Leah	<b>Balance &amp; Stability*</b> 9:45am-10:45am (wellness) with Victoria	<b>Balance &amp; Stability*</b> 9:45am-10:45am (wellness) with Leah	<b>Balance &amp; Stability*</b> 9:45am-10:45am (wellness) with Victoria	<b>Dance Party!</b> 9:30am-10:30am (wellness) with Victoria
<b>Core Power!</b> 11:00am-11:45am (dry land: Olympic Room) with Elyse	<b>Cardio Energizer*</b> 11:45am-12:45pm (wellness) with Elyse	<b>Chair Yoga</b> 10:00am-11:00am (dry land: Olympic Room) with Bianca	<b>Cardio Energizer*</b> 11:45am-12:45pm (wellness) with Elyse	<b>Dry Land Yoga*</b> 10:00am-11:00am (dry land: Olympic Room) with Steve or Dina	<b>Saturday Yoga*</b> 9:30am-10:30am (dry land: Harbor Room) with Chad or Bianca
<b>Aqua Yoga*</b> 11:15am-12:15am 9/16-10/21 (wellness) with Anna	<b>Pilates</b> 6:00pm-7:00pm (dry land: Harbor Room) with Aubry	<b>Dry Land Yoga*</b> 6:00pm-7:00pm (dry land: Harbor Room) with Chad	<b>Audrey's Yoga Flow</b> 6:00pm-7:00pm (dry land: Harbor Room) with Audrey		
<b>Dry Land Yoga*</b> 6:00pm-7:00pm (dry land: Harbor Room) with Chad	<b>Kickin' Booty</b> 6:45pm-7:45pm (deep) with Wendy		<b>Kickin' Booty</b> 6:45pm-7:45pm (deep) with Jennifer		<b>Updated</b> <b>10/18/24</b>

**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**