



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 | Dry Land Yoga* 7:00am - 8:00am (dry land: Olympic Room) with Bianca | Aqua Fit 7:30am-8:30am (wellness) with Linda | Weekend Warrior 8:00am-9:00am (deep) with Brenda |
| Dry Land Yoga* 8:30am-9:30am (dry land: Olympic Room) with Dina | Hatha Yoga* 10:00am-11:00am (dry land: Olympic Room) with Steve | Dry Land Yoga* 8:30am-9:30am (dry land: Olympic Room) with Dina | Aqua Conditioning 7:45am-8:45am (wellness) with Julie | | Pilates 9:00am-10:00am (dry land: Harbor Room) with Aubry |
| Body Sculpt 9:45am-10:45am (deep water) with Victoria | Balance & Stability* 9:45am-10:45am (wellness) with Leah | Balance & Stability* 9:45am-10:45am (wellness) with Victoria | Balance & Stability* 9:45am-10:45am (wellness) with Leah | Balance & Stability* 9:45am-10:45am (wellness) with Victoria | Dance Party! 9:30am-10:30am (wellness) with Victoria |
| Core Power! 11:00am-11:45am (dry land: Olympic Room) with Elyse | Cardio Energizer* 11:45am-12:45pm (wellness) with Elyse | Aqua Yoga* 11:00am-12:00pm (wellness: through May 21) with Anna | Cardio Energizer* 11:45am-12:45pm (wellness) with Elyse | Dry Land Yoga* 10:00am-11:00am (dry land: Olympic Room) with Steve or Dina | |
| Dry Land Yoga* 6:00pm-7:00pm (dry land: Harbor Room) with Bianca | Pilates 6:00pm-7:00pm (dry land: Harbor Room) with Aubry | Dry Land Yoga* 6:00pm-7:00pm (dry land: Harbor Room) with Chad | | | |
| | Kickin' Booty 7pm - 8pm (deep) | | Kickin' Booty 7pm - 8pm (deep) | | Updated 4/16/25 |

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