



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 (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 (Olympic Room) with Dina	Hatha Yoga* 10:00am-11:00am (Olympic Room) with Steve	Dry Land Yoga* 8:30am-9:30am (Olympic Room) with Dina	Aqua Conditioning 7:45am-8:45am (Wellness) with Julie		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	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	Sunshine Saturday! 9:30am-10:30am (Wellness) with Sheriann
	Cardio Energizer* 11:45am-12:45pm (Wellness) with Elyse		Cardio Energizer* 11:45am-12:45pm (Wellness) with Elyse	Dry Land Yoga* 10:00am-11:00am (Olympic Room) with Steve/Dina	Essentrics Exercise** 10:30am-11:30am (Harbor Room) 7/12-8/2/25
Dry Land Yoga* 6:00pm-7:00pm (Harbor Room) with Bianca	Pilates 6:00pm-7:00pm (Harbor Room) with Aubry	Dry Land Yoga* 6:00pm-7:00pm (Harbor Room) with Chad			
	Kickin' Booty 7:00pm-8:00pm (Deep) with Jennifer/Wendy		Kickin' Booty 7:00pm-8:00pm (Deep) with Wendy/Jennifer		Updated 7/1/25

Class Capacity:

Water/Wellness Pool - 25 Deep Pool - 20

Dry Land/Olympic Room - 15

Harbor Room - 20

- ****Cost not included in membership**
- ***Pre-register @ Front Desk or online at**
<https://www.sacpa.org/exercise-therapy-classes>

(360) 775-2119
www.sacpa.org