



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	Aqua Conditioning 7:45am-8:45am (Wellness) with Julie	Aqua Fit 7:30am-8:30am (Wellness) with Linda	Weekend Warrior 8:00am-9:00am (Deep) with Brenda
Morning Yoga* 8:30am-9:30am (Olympic Room) with Dina	Hatha Yoga* 10:00am-11:00am (Olympic Room) with Steve	Morning Yoga* 8:30am-9:30am (Olympic Room) with Dina	Thursday Morn Yoga* 8:30am-9:30am (Olympic Room) with Chad	Morning Yoga* 10:00am-11:00am (Olympic Room) with Steve/Dina	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
Core Power 11:00am-11:45am (Olympic Room) with Elyse	Cardio Energizer* 11:45am-12:45pm (Wellness) with Elyse	Aqua Yoga* 11:00am-12:00pm (Wellness) with Anna 11/12 thru 12/17/25	Cardio Energizer* 11:45am-12:45pm (Wellness) with Elyse		
Evening Yoga* 6:00pm-7:00pm (Harbor Room) with Chad	Pilates 6:00pm-7:00pm (Harbor Room) with Aubry	Evening Yoga* 6:00pm-7:00pm (Harbor Room) with Chad			
			Kickin' Booty 7:00pm-8:00pm (Deep) with Wendy/Jennifer		Updated 11/10/25

Class Capacity:

Water/Wellness Pool - 25
 Dry Land/Olympic Room - 15
 Harbor Room - 20

* Pre-register @ Front Desk or online at
<https://www.sacpa.org/exercise-therapy-classes>

(360) 775-2119
www.sacpa.org