

Shore Aquatic Center Aerobics & Yoga Schedule



SHORE
AQUATIC CENTER

+ **Capacity:** Shallow/Therapeutic-25
River/Dry Land Yoga/Olympic Room-15
Deep/Cardio Energizer-20
+ **Yoga Class:** MW 6pm-7pm & MW @8:30am-9:30am
+ **Pre-Register @Front Desk for Yoga Classes**
+ **Monday Morning Dry Land Yoga last day on Dec. 19th for a brief time**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am River Fit (river)	7:45am-8:45am Aqua Conditioning (shallow)		7:45am-8:45am Aqua Conditioning (shallow)	7:00am-8:00am River Fit (river)	
Linda	Julie H		Julie H	Linda	
8:30am-9:30am Dry Land Yoga* (Olympic Room)		8:30am-9:30am Dry Land Yoga (Olympic Room)			8:00am-9:00am Weekend Warrior (deep)
Dina		Dina			Jennifer
9:45am-10:45am Body Sculpt (deep)		9:45am-10:45am Balance & Stability (therapeutic)		9:45am-10:45am Balance & Stability (therapeutic)	9:30am-10:30am Cardio Energizer (shallow)
Victoria B		Victoria B		Victoria B	Victoria B
11:00am-11:45am Mid Day Abs (Olympic Room)	11:45am-12:45pm Cardio Energizer (shallow)		11:45am-12:45pm Cardio Energizer (shallow)		
Elyse G	Elyse G		Elyse G		
6:00pm-7:00pm Dry Land Yoga (Harbor Room)	6:30pm-7:30pm Kickin' Booty (deep)	6:00pm-7:00pm Dry Land Yoga (Harbor Room)	6:30pm-7:30pm Kickin' Booty (deep)		
Chad	Jennifer	Chad	Wendy B		