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	**Thur Morning 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
	Cardio Energizer* 11:45am-12:45pm *(Wellness)* with Elyse	**Aqua Yoga*** 11:00am-12:00pm *(Wellness)* with Anna 4/8/26 thru 5/27/26	**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			Updated 3/3/2026

All classes are covered under the 12 Visit/ Annual/ Monthly-Billed Passes.
If you do not have a pass, each class costs a flat rate of $7.50.
Class Registration now opens at **8am on Mondays** for the following week's classes.

(360) 775-2119
www.sacpa.org

Class Capacity:

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

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