

Shore Aquatic Center Aerobics & Yoga Schedule

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

Class Capacity: Wellness Pool -25
River/Dry Land Yoga/Olympic Room -15
Deep/Gentle Aqua Yoga- 20
Aqua Fit- 10

SHORE
AQUATIC CENTER
(360) 775-2119
www.sacpa.org



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|
| 7:00am-8:00am Aqua Fit (wellness) Linda | 7:45am-8:45am Aqua Conditioning (wellness) Julie H | 7:00am-8:00am Aqua Fit (wellness) Linda | 7:45am-8:45am Aqua Conditioning (wellness) Julie H | 7:30am-8:30am Aqua Fit (wellness) Linda | 8:00am-9:00am Weekend Warrior (deep) Jennifer |
| 8:30am-9:30am Dry Land Yoga* (Olympic Room) Dina | 10:00am-11:00am Dry Land Hatha Yoga* (Olympic Room) Steve | 8:30am-9:30am Dry Land Yoga* (Olympic Room) Dina | 11:45am-12:45pm Cardio Energizer* (wellness) Elyse G | 9:45am-10:45am Balance & Stability* (wellness) Victoria B | 9:30am-10:30am Power Hour (wellness) Victoria B |
| 9:45am-10:45am Body Sculpt (deep) Victoria B | 9:45am-10:45am Balance & Stability* (wellness) Leah | 9:45am-10:45am Balance & Stability* (wellness) Victoria B | 1:00pm-2:00pm Balance & Stability* (wellness) Leah | 10:00-11:00 Dry Land Yoga* (Olympic Room) Dina or Steve | 9:30am-10:30am Dry Land Yoga* (Harbor Room) Chad or Bianca |
| 11:00am-11:45am Mid Day Abs (Olympic Room) Elyse G | 11:45am-12:45pm Cardio Energizer* (wellness) Elyse G | 6:00pm-7:00pm Dry Land Yoga* (Harbor Room) Chad | 6:00pm-7:15pm Restorative Yoga (Harbor Room)* Audrey | 6:00pm-7:00pm High Fitness (Harbor Room) Michaela | |
| 11:15am-12:15pm Aqua Yoga* (wellness) Anna | 6:45pm-7:45pm Kickin' Booty* (deep) Jennifer | 6:45pm-7:45pm Kickin' Booty* (deep) Wendy | 6:45pm-7:45pm Kickin' Booty (deep)* Wendy | | |
| 6:00pm-7:00pm Dry Land Yoga* (Harbor Room) Chad | 6:00 pm-7:00 pm Pilates Thorough April 2024 Jonna | | | | |