

Shore Aquatic Center Aerobics & Yoga Schedule

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



(360) 775-2119 www.sacpa.org

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am Aqua Fit (wellness pool) No class 7/22	7:45am-8:45am Aqua Conditioning (wellness pool)	7:00am-8:00am Aqua Fit (wellness pool) No class 7/17 or 7/24	7:45am-8:45am Aqua Conditioning (wellness pool)	7:30am-8:30am Aqua Fit - (wellness pool) No class 7/19	8:00am--9:00am Weekend Warrior* - (deep end) Starts 8/10
Linda	Julie	Linda	Julie	Linda	Brenda
8:30am-9:30am Dry Land Yoga* (Olympic Room)	10:00am-11:00am Dry Land Hatha Yoga* (Olympic Room)	8:30am-9:30am Dry Land Yoga* (Olympic Room)	8:30am-9:30am LYT Yoga* (Olympic Room)		8:15am-9:15am Pilates* Resumes 8/10
Dina	Steve	Dina	Ann		Aubry
9:45am-10:45am Body Sculpt (deep end)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Balance & Stability* (wellness pool)	9:45am-10:45am Balance & Stability* (wellness pool)	9:30am-10:30am Dry Land Yoga* (Harbor Room)
Victoria	Leah	Victoria	Leah	Victoria	Chad or Bianca
11:15am-12-15am Aqua Yoga* Resumes in the Fall	11:45am-12:45pm Cardio Energizer* (wellness pool)	10:00am-11:00 am Chair Yoga* (Olympic Room)	11:45am-12:45pm Cardio Energizer* (wellness pool)	10:00am-11:00am Dry Land Yoga* (Olympic Room)	9:45am-10:45am Dance Party! (wellness pool)
Anna	Elyse	Bianca	Elyse	Dina or Steve	Victoria
6:00pm-7:00pm Dry Land Yoga* (Harbor Room)	6:00pm-7:00pm Pilates* Resumes 8/6	6:00pm-7:00pm Dry Land Yoga* (Harbor Room)	6:00pm-7:15pm Audrey's Restorative Yoga* (Harbor Room)	6:00pm-7:00pm High Fitness* (Harbor Room)	
Chad	Aubry	Chad	Audrey	Michaela	
			6:45pm-7:45pm Kickin' Booty* (deep end)		Updated 7/23/2024
			Wendy		