



933 W. Parish Road • Sulphur, Louisiana 70663 • Tel: (337) 527-2500 • Fax: (337) 528-4934 • www.sulphurparks.com

October 2020

Group Fitness & Aquatic Schedule

HOURS OF OPERATION
 Monday - Friday 5 am - 8 pm
 Saturday 8 am - 2 pm
 Sunday 1 pm - 5 pm

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
TIME		Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS
MORNING	8:15 am	STEP & Tone Julie (45 min) A		SPIN exercise program Chrissy (45 min) A		Beginner Sculpting Sarah (45 min) A		SPIN & ABS Chrissy (50 min) A		STEP & Tone Julie (45 min) A			
	8:30 am				Silver AQUACISE Andrea (60 min)		Aqua Body Conditioning Andrea (60min)		Silver AQUACISE Andrea (60 min)				
	9:15 am	Seated Aerobics Crystal (60 min) A	Aqua Body Conditioning Julie (60 min)	Sculpting Chrissy (45 min) A		Seated Aerobics Crystal (60 min) A				Seated Aerobics Crystal (60 min) A	Aqua Body Conditioning Julie (60 min)	ZUMBA Natesha (60min)A	
	9:30 am					ZUMBA Natesha (60min) S						ZUMBA Barbara/Kristi/Marisa (60min)S	
AFTERNOON/EVENING	12:00 noon		Hydro Power Crystal (60 min)				Hydro Power Crystal (60 min)						Where are the classes? A= Room #130 aerobic rm S= Room #150 studio classroom T= Upstairs Track
	4:00 pm			SPIN exercise program Sheilah (45 min) A									
	4:15 pm	SPIN exercise program Sarah (45 min) A											AGE REQUIREMENTS: 1. Aerobic Class participants must be 12 years of age or older. 2. Parent/ guardian must attend class with 12-13 year olds.
	4:30 pm				Aqua Fit Xtreme Andrea (60min)			Aqua Fit Xtreme Andrea (60min)					
	4:45 pm					Yin YOGA Barbara (60min) A		Slow Flow YOGA Kristi (60min) S					ANNOUNCEMENTS Basketball Court Use - must check out & return ball from fitness (ID required to check out equipment) SPAR Basketball registration - begins October 1
	5:00 pm	Hatha YOGA Marissa (50min) S		Sculpting Sheilah (50 min) A				ZUMBA Elizabeth (50min) A					
	5:00 pm			ZUMBA Adriana (50min) S									
	5:15 pm	Glute & Core Sarah (30 min) A											

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