



January-February 2025

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	5:05 am	Circuit Training Sarah (60min) A				Circuit Training Sarah (60 min) A				Sculpting Susie (55min) A			
	8:00 am		1 Aqua Therapy Debra (30min)										
	8:15 am			SPIN Chrissy (45 min) A				SPIN Chrissy (45 min) A		SPIN Chrissy (45 min) A			
	8:15 am					Sculpting Chrissy (45 min) A				Pilates Hallie (45 min) S			
	8:30 am		3 Aqua Body Conditioning Debra (60min)		2 Silver AQUACISE Brynn/Raygan (60min)		3 Aqua Body Conditioning Linda (60 min)		4 Hydro Power Brynn/Raygan (60min)				
	9:00 am			Sculpting Chrissy (45 min) A				Sculpting Chrissy (45 min) A					
	9:15 am	Seated Aerobics Mark (60 min) A				Seated Aerobics Raygan (60 min) A				Seated Aerobics Raygan (60 min) A	3 AquaBody Conditioning Hallie (60 min)		
	9:30 am											Yin/SlowFlow YOGA* Darla (60 min) S	
	10:30 am			INTRO to Weight Room Raygan (45min)				Chair YOGA Darla (60min) S					
AFTERNOON/EVENING	12:00 noon		4 Hydro Power Brynn/Raygan (60min)		2 Aqua Yoga Darla (60 min)		2 Silver AQUACISE Brynn/Raygan (60min)		2 Aqua Yoga Darla (60 min)				
	5:00 pm	Circuit Training Cherry (45min) A		Pilates Emery (60 min) A				SPIN Hallie (45 min) A					
	5:30 pm		4 Hydro Power Debra (60min)		4 Aqua BootCamp Debra (60min)	Beginner Country, Western, & Zydeco Dance Rody (60 min) A			4 Aqua Noodles Debra (60min)				
	6:00 pm			ZUMBA fitness Adriana (50min) S				Sculpting Hallie (45 min) A					
	6:00 pm	Hatha YOGA Marissa (50min)S				Yin YOGA Barbara (60min) S			YOGA* Kristi (60min) S				
	6:30 pm				3 Deep Water Debra (60min)	Int/Adv Country, Western, & Zydeco Dance Rody (60 min) A							
	7:00 pm												

Room #s

Where are the classes?
 A= Aerobic Room #130
 S= Studio/Class Room #150

***1st & 3rd Thurs - Slow Flow Yoga**
2nd Thurs - Restorative Yoga
Last Thurs - Yin Yoga

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.

EVENTS
 Mon. Jan 1 - RAQC CLOSED
 X-Pass Not Available

Aqua Yoga
 Participants must register to attend class @
www.sulphurparks.com/sparc
 Space is Limited

1-4 Water Aqua Intensity Level