

August 2024

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	
MORNING	5:05 am Circuit Training Sarah (60 min) A						
	8:00 am	1 Aqua Therapy Debra (30min)					
	8:15 am		SPIN Chrissy (45 min) A	Sculpting Chrissy (45 min) A	SPIN Chrissy (45 min) A	SPIN Chrissy (45 min) A	
	8:30 am	3 Aqua Body Conditioning Debra (60min)	2 Silver AQUACISE Brynn (60min)	3 Aqua Body Conditioning Linda (60min)	4 Hydro Power Brynn (60 min)		
	9:00 am		Sculpting Chrissy (45 min) A		Sculpting Chrissy (45min) A	Pilates Hallie (45 min) S	
	9:15 am	Seated Aerobics Mark (60 min) A		Seated Aerobics Crystal (60 min) A		Seated Aerobics Brynn (60 min) A	
	9:30 am					Yin/Slow Flow YOGA Darla (60min) S	
	10:00 am				Chair YOGA Darla (60min) S	3 Aqua Body Conditioning Hallie (60 min)	
AFTERNOON	12:00 noon	4 Hydro Power Brynn (60min)	2 Aqua Yoga Darla (60min)WP	2 Silver AQUACISE Brynn (60min)		1-4 Water Aqua Intensity Level Aqua Yoga Starts August 13th Participants must register to attend class @ www.sulphurparks.com/sparc Space is Limited	
	4:30 pm		SPIN & Sculpt Chrissy (60min) A			Where are the classes? A= Room #130 aerobic room S= Room #150 studio room T= indoor track WP= waterpark	
	5:00 pm	Circuit Training Cherry (45 min)A	Pilates Emery (60min)S		SPIN Hallie (45min) A		2 Aqua Yoga Darla(60min)WP
	5:30 pm	4 Hydro Power Debra (60min)	4 Aqua Bootcamp Debra (60 min)			4 Aqua Noodles Debra (60 min)	*1st & 3rd Thurs - Slow Flow Yoga 2nd Thurs - Restorative Yoga Last Thurs - Yin Yoga
	6:00 pm				Sculpting Hallie (45min) A		AGE REQUIREMENTS Aerobic Class participants must be 12 years of age or older. Parent/ guardian must attend class with 12-13 year olds.
	6:00 pm	HATHA YOGA Marisa (60min) S		YIN YOGA Barbara (60min) S	YOGA* Kristi (60min) S		Basketball Court Closure Friday, August 2nd 10a-8p Monday, August 19th 4-8pm Thursday, August 29th 7a-1p
	6:15 pm		 Adriana (45min) S				
	6:30 pm		3 DEEP WATER Debra (60min)				